



## Type 8 – EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My partner	They questioned my decisions, making me feel disrespected.	I feel angry.	I didn't express my feelings calmly and respectfully.
My boss	They micromanage my work, which feels controlling.	I feel defensive and resentful.	I responded aggressively.
A friend	They shared something I told them in confidence.	I feel betrayed and unwilling to trust them again.	I end relationships without consideration.
My parent	They didn't protect me when I needed them growing up.	I feel angry and mistrustful of authority figures.	I shut people out and take care of everything myself so I don't have to depend on anyone.
A coworker	They failed to support me during a critical project.	I feel let down and question their reliability.	I didn't address my expectations clearly or ask for help directly.
A group member	They questioned my honesty and motives in front of others.	I feel violated and furious--it challenges my sense of justice.	I confronted them aggressively instead of speaking calmly.
My recovery sponsor	They challenged my approach, making me feel criticized.	I feel defensive.	I ended the relationship, and probably missed out on a growth opportunity.
Myself	I made myself vulnerable with someone I wish I hadn't.	I feel frustrated.	I judge myself harshly and fear that they see me as "weak" instead of acknowledging my humanity.
Society	It punishes vulnerability and rewards manipulation and weakness.	I mistrust those in power and those that present inauthentic "a false image".	I focus on what I dislike instead of finding ways to create change.