

## **RESENTMENT AND YOU!**

*Resentment or grudges do no harm to the person against whom you hold these feelings but every day and every night of your life, they are eating at you...Norman Vincent Peale*

### **WHAT TO KNOW!**

- ❖ Resentment can be defined as feeling a negative emotion, such as anger, as a result of a real or imagined belief that someone has wronged you
- ❖ It is holding a grudge, often in silence, against those whom unjustly victimized you
- ❖ Resentment involves a lack of forgiveness and an inability to let go of or forget the hurt
- ❖ It often results from a public humiliation, being taken advantage of, envy and jealousy, not being given credit for accomplishments, rejection/denial, and being put down
- ❖ Resentment also comes from others acting superior and knowing better and telling us how to run our lives, how to think, how to feel, how to act, and what are our needs are
- ❖ Resentment can be quite debilitating; it can lead to feeling betrayed, getting easily provoked, being edgy/irritable, depression, and withdrawing into solitude
- ❖ It can also lead to the development of sarcastic, cynical, and hostile ways of relating to others including being vindictive
- ❖ Resentment leads to not trusting others and impairing the development of healthy relationships
- ❖ When people are resentful, they become bitter and closed up; they lose enjoyment of their lives, and remain angry and focused on what they perceived happened to them
- ❖ People who hold onto resentment add stress to their lives, keep themselves angry, and often isolate from others
- ❖ People often deal with resentment by pouting, speaking derisively, holding a grudge, and having repeated thoughts or dreams about getting even with the other person
- ❖ People can also become submissive, making fun of themselves or faking that they like the person who wronged them just to be included
- ❖ AA views resentment as a major obstacle to staying sober; several of the 12 steps involve resolving resentment by acceptance, forgiveness, and taking responsibility
- ❖ Resentments are stronger when the one who hurts is a close friend or family member
- ❖ Holding onto resentment only hurts you not the other person

### **WHAT TO DO!**

- ❖ Letting go of resentment is for your benefit and not the other person's
- ❖ Determine whether you have resentments, who you may be angry with, and why
- ❖ Get clarity by identifying your hurt underneath the resentment
- ❖ Allow yourself to feel and heal the hurt
- ❖ Try to identify how you were hurt and whether it was intentional
- ❖ Try to have some understanding of the person and why they may have hurt you
- ❖ Resolve your anger in appropriate ways such as changing your thinking, asserting yourself, and doing relaxation activities
- ❖ Practice forgiveness and learn to let go of resentments in order for you to enjoy life
- ❖ Learn a lesson from each resentment so that you can prevent their reoccurrence
- ❖ Create a ceremony to give you a feeling that you have ended the resentment
- ❖ Exercise, create time for yourself for relaxation activities, and volunteer to help others
- ❖ Seek professional help if you cannot let go of resentments or you harbor animosity to people you believe have harmed you

### **WE CAN HELP!**

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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