

## Guide: How to get rid of resentment

🔥 Does resentment overwhelm your soul, depriving you of sleep and peace? Forgive sincerely, and then you will be free from grievances, anger, aggression and thirst for revenge. This guide will help you in this, which details a step-by-step plan to get rid of resentment.

Resentment is a normal reaction to injustice. But here it is important not to be carried away by this emotion, not to plunge into it headfirst, otherwise it will slowly destroy you from the inside. To change the perception of the situation in which you were offended, take this guide as a practical guide:

Name an abuser who has hurt you badly, been cruel and unfair to you, betrayed you, or deceived you. Rate the hurt you have experienced on a 10-point scale, with 1 being the least traumatic and 10 being the most traumatic.

Analyse the offence by asking yourself these questions:

- What psychological harm did the offender do to me?
- What physical harm did he/she do to me?
- How much was I disappointed in this person?

Admit to yourself that what happened is not normal, unfair and unjust to you. Let your feelings come out – live in your mind all the negativity associated with this person and all the emotions that arose at the time of the offence.

Make the decision to forgive the offender. This is an obligatory step, without it all other steps are meaningless. How it works: by forgiving a person, we consciously reduce resentment, replacing this negative feeling with generosity and kindness. Important: forgiveness is not equal to justifying the actions of the offender, and it does not reduce his guilt for injustice towards you. If you have decided to forgive a person, it does not mean that you have to reconcile with him or her and resume your relationship.


Put yourself in the abuser's shoes and answer the questions:

- What is his life like, what kind of family did he grow up in?

- What were his difficulties in life when he hurt you?
- What caused him to suffer so much that he hurt you?

Important! Your answers are not to justify the offender, but to make it easier to understand that he is a vulnerable person just like you. Moreover, understanding why the person acts in a destructive way will help you to prevent such excesses in the future.

- Attention to detail. Assess how you feel about the situation and the offender. Note whether you feel sympathy for your abuser; whether you think he or she is sorry for what he or she has done, or whether he or she has simply made a mistake. Think a little more about your abuser. Evaluate how much you feel differently about him or her.
- Do not start a chain reaction: if you are offended, you have the right to offend someone else. Accept the fact that transferring negativity to other people is nothing but psychological immaturity and an act that destroys, first of all, you. Remember the saying, 'What you sow is what you reap.' By becoming a source of negativity, you will attract more negativity into your life.
- Do something nice for the offender. For example, give them a like on social media, say something nice about them to other people, make a positive note about them in your diary, or do a meditative forgiveness practice.
- Transform the resentment into a positive experience. That is, make sense out of the situation you have been through. Perhaps, having experienced a strong resentment, you will become more attentive to other people or, for example, you will help those who suffer more. And remember – the right perception of the resentment inflicted on you makes the world a kinder place.

 PS. The longer you hold a resentment, the harder it is to let it go. But it is necessary to do it for life to become brighter and more positive.