

Holding grudges worksheet

I'm not robot!

Forgiveness is a process where someone who has been wronged chooses to let go of their resentment, and treat the wrongdoer with compassion. Forgiveness does not mean forgetting or condoning the wrongdoing, granting legal mercy, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable or justified. Clients who continue to hang on to painful emotions related to a mistreatment—even though they have every right to hold those emotions—can receive great benefit from forgiveness therapy. A number of positive outcomes, such as reductions in depression, resentment, and rumination, have been associated with forgiveness. Our worksheet on the subject, Forgiveness Therapy, is based on a therapeutic intervention by the same name. This 5-page packet acts as an outline of forgiveness therapy, beginning with education, and then dedicating a page to each of the four phases of forgiveness (uncovering, decision, work, and deepening). This worksheet is not intended to be completed in one sitting, but as a client enters each phase, or as review for each phase. If you are unfamiliar with forgiveness therapy, we highly recommend Forgiveness Therapy: An Empirical Guide for Resolving Anger and Restoring Hope, the authoritative source on the subject. Forgiveness Therapy: An Empirical Guide... book FREE STORY with values. Anger and revenge don't need to have the last word. Forgiveness and moving on keep one's heart at peace. Letting go of resentment and anger can be hard work. Sometimes, a guideline we can follow along to work through our feelings can make this process a little easier. That's why you can find a collection of "letting go of resentment worksheets" here. Pick your favorite one and let it help you!(Just to make sure we are on the same page here: these are letting go worksheets for adults!)Related: 15 actionable tips to conquer self-doubtThe basic steps of working through resentmentWe've all been at a point where we've wondered how to let go of anger and resentment. As so often with important things, it will require quite some emotional work on your part.In order to overcome and release your resentment, you first need to become aware of it. You want to look closely at why you feel this way, what triggered it and who might be the target of your resentful feelings. Then you need to find a new way of dealing with your anger.With all these steps, try to be compassionate with yourself. Coming from a place of self-love will make the process much easier.But now, let's look at the resentment worksheets! All of them help you with some or all of these steps. Have a look!1. Review of resentments worksheet PDF by 2b1institute.comThis resentment worksheet pdf is perfect for anyone who likes tables and spreadsheets. (Me!) You will work through the following 4 steps, one by one:Write down anything or anyone from your past who bothered you in some way.List the specific cause for your feelings.Look at the list of "life attributes" and see which of them are affected by your feelings. Make a cross there.Do the same for the list of "my part in this" attributes.By reviewing this information, you will notice your own patterns. And it will help you to see how resentment is negatively impacting your life and help you let go of it.Find the overcoming resentment worksheet here.2. Forgiveness worksheet from presentcenteredtherapy.com"Present Centered Therapy" is the website of Cort Curtis, a Californian psychologist. His worksheet takes you through these steps of forgiving and letting go of resentment-Describing and confronting the situation for which you feel resentment.Describing the feelings around it. Understanding your thoughts and behaviors, and putting it in relation to your beliefs, expectations, and perceptions.Then taking responsibility, seeing what the resentment is doing to you, and developing new perspectives and ways of dealing with it.This forgiveness worksheet is very detailed and gives a lot of helpful pointers. Find it here. 3. The 6 steps to letting go of resentment by Ellen HartsonThis letting go of resentment worksheet uses a 6-step process to help you stop being resentful. The 6 steps you will be working through are:Identifying your resentmentsDescribe, what causes these angry feelingsUnderstand how you behaved in the situationSee if any of your behaviors contributed to what happenedFind out if you can forgive yourself and see growth from thisAsk yourself what you need to let go of to free yourself from resentmentFind the letting go worksheet here.4. Resentment worksheet from dirseborough.comThis PDF actually consists of several worksheets, taking you through various exercises to help you overcome resentment.The first worksheet is an awareness exercise, during which you will write down all your thoughts and feelings.Related: Help yourself: How to leverage mindfulness meditationThe second worksheet has you work on your willingness and ability to forgive.On the third worksheet, you'll actually confront your feelings of anger and write down your revenge fantasies. While this might sound like dwelling in it, it's actually to recognize that they are fantasies, nothing more.Worksheet four has you acknowledging all the times in the past when you hurt or disappointed someone yourself. Understand that we all make mistakes and forgive yourself.Find this overcoming resentment worksheet here.5. Resentment exercise from MindBodyGreen.comThis article by Caroline Rusforth is not really a worksheet like these other resentment PDFs, but it does contain a short exercise to help you find forgiveness, both for yourself or someone else.Sometimes changing your perspective is all you need to overcome resentment.Do the letting go of resentment exercise here.6. How to let go of resentment by Lifehack.orgSimilar to the above article, this one is not really a worksheet, but still contains a step by step guide to letting go of resentment. The author has you list all "targets" of your resentmentadd the reasons for your angerwrite down how this affects yousee what part you played in thisBasically, the same steps displayed in the letting go of resentments pdf by the 2b1institute (1st in this list).Read the article here.7. Handling Resentment by James J. Messina, Ph.D.This page doesn't look like a typical worksheet either, but that's only the format. It does take you through some thought exercises and then five steps to overcome resentment.Work through the five steps for letting go of resentments here.8. Four steps to forgiveness worksheet by the Global Forgiveness InitiativeAs the title suggests, this worksheet takes you through four steps to achieve forgiveness. These are:Who and what you need to forgiveWriting affirmations to release your feelingsWrite down how forgiveness will benefit youand create commitment statementsAll of this together creates your "forgiveness declaration" which you will use to practice forgiveness for a chosen timeframe.Do the steps for letting go of resentments here.Got another "letting go of resentments" worksheet I should add?I hope these forgiveness worksheets are helpful to you. If you have a good one I should add to this list, just let me know in the comments!And while you work through these steps, make sure to be kind to yourself and let go of perfectionism. Good luck on your journey!Related: How to overcome perfectionism: 7 tipsave tweet share share share share share The memory of what they did still hurts. "How could they?" You doubt you'll ever get over it. After all, how do you let go of resentment in a marriage — or between family members? Or against someone you once called a friend? And will the relationship ever truly recover? Letting go of resentment is difficult because the hurt at the root of it goes deep. But it's not impossible to let it go and even make the bond stronger than it was before. The 11 exercises in this post will get you there in less time than you might think. How do I let go of resentment? Dealing with resentment means addressing the reasons for it. It means taking a hard look at the expectations you had that the other person hasn't met — or that they thoughtlessly trampled on. It takes a good deal of honesty and the willingness to look at open and festering wounds to see where the problem is, so you can clean the wound and let it heal. You'll need the following: Courage to examine your expectations and the pain caused by someone's words or actionsCompassion toward the offender, who may not have intended to hurt youPatience with yourself as you work through the pain to see what needs to be done 11 Letting Go of Resentment Exercises Letting go of resentment is a process. And while it's different for every person who undertakes it, there are some steps everyone must take to recover. The following exercises include those steps and offer different ways to get to the same end. 1. Name the people toward whom you feel resentment, and start with one. Make a list of everyone toward whom you feel resentment or bitterness. Include even those whose offenses are minor, compared to others. Then decide whether you want to focus on a minor offender or on someone who hurt you deeply. It's sort of like deciding which credit card to pay off first, but the benefits of overcoming resentment go much deeper. If you're not sure these exercises will work, start small with someone who maybe said something offensive without thinking but didn't mean to hurt you. If you're eager to address a deeper wound, start with someone who hurt you in a way no one else has. 2. Identify the causes or events behind your resentment toward that person. Once you've chosen the person, it's time to identify the specific causes or events behind your resentment. What did they do or say, and what was the situation? Spare no details. Think back to the cause in question and describe it. You need to remember exactly why you resent this person as much as you do. What were the circumstances surrounding this cause or event? And how did it change things between you? 3. Describe what you're feeling (and why) in relation to the cause or event. Remember how you felt in response to the cause or event you just described. How did you feel immediately before the cause, and why? Then how did the cause or event change the way you felt? It's important you acknowledge everything you felt, without judging any of it. This is not the time to tell yourself, "Well, I don't understand why I felt that," or "Honestly, I had no reason to feel that way." Be honest about everything you felt in that moment. Then, if you can, explain why you felt it. 4. Acknowledge any part you had in that cause or event. How did your behavior contribute to the thing that caused you to resent this person? What might you have done or said that helped that cause or event to happen? This is not about victim-blaming. If someone hurt you and then blamed you for it, that's on them. No one gets to blame you for the actions they've taken to hurt you. But in some cases — typically minor ones — when someone says or does something offensive or hurtful, it can be partly due to a misunderstanding. It's important to acknowledge that possibility, not to blame yourself but to get more clarity on the situation. 5. Describe how your resentment is affecting your life. Bearing a grudge against someone can affect everything in your life. Write about how your resentment toward this person has affected the following: Your relationships with othersYour ability to focus on your work and get things doneYour outlook on life — past, present, and futureYour attitude and beliefs regarding yourself Resentment weighs you down, but you don't have to live with it for the rest of your life. You're allowed to heal and move on even if someone who hurt you has never bothered to apologize for it. You don't have to remain captive; your freedom doesn't depend on them. More Related Articles: Why Am I So Unhappy? 15 Top Reasons You're Miserable 21 Things To Do By Yourself To Relax And Recharge How To Cope With A Lack Of Empathy From Your Spouse 6. Use a worksheet to clarify your situation and work through your resentment. You can find a variety of these online, designed by people with experience in helping others work through resentment and forgive those who've hurt them. Maybe you're not sure what questions to ask yourself to help you see past what the other person did to the reasons behind it. Or maybe filling out a worksheet will help you see something you hadn't seen before. In any case, resentment is something we all struggle with at some point, so it's not surprising so many people have come up with worksheets to help you deal with it. Use one or more of them, with or without your personal journal, to sort out the details. 7. Use a meditation app to change your thoughts. Try a meditation app like Calm or Headspace to help you release the burden of your resentment. The more you make one of these apps a regular part of your day, the happier and lighter you'll feel, and the easier it will become to let go of anger. When you learn how to calm your mind and relax your body, you don't want anything to interfere with that. And resentment does. It's the fly in the room that keeps buzzing around your face when you're trying to get some much-needed rest. Reclaim your headspace for something that brings you joy and renews your purpose. 8. Write affirmations to acknowledge and release your feelings. Here's another exercise where your personal journal or daily planning page will come in handy. Write some affirmations to repeat to yourself every day. You can choose a different affirmation (or set of affirmations) for each day or change it up every week. Here are some examples: I choose to let go of resentment, so I can heal and move on. I believe that [so-and-so] didn't intend to hurt me, and I choose to forgive them. I don't need an apology in order to forgive someone and let go of that burden. I'm a forgiving person, and I want healing and happiness for us both. You can even choose one to repeat throughout the day as a mantra to remind you of your commitment to letting go. 9. Step into the other person's shoes. No cheating, here. It doesn't help to assume what the other person is thinking and to put the worst possible words in their mouth. Imagine you are they and you're trying to explain why you did what you did. Leave remorse out of the equation for now. Once you've put yourself in their shoes, ask "yourself" the following: What did you gain by doing or saying that? What did you lose? What led to this moment? How were you influenced by your past? How did you feel when you saw how others (including me) reacted? In a way, you're reframing the cause to reflect compassion toward them and toward yourself. Seeing them more clearly makes it easier to see a better way forward. 10. Break up with your resentment. Have a heart-to-heart with that part of you that doesn't want to forgive, and let it say it's peace. Be honest about what you're afraid you'll lose if you let go of your resentment. Write down your thoughts and see if any of the following resonate: "I feel stronger and less vulnerable while I hold onto this resentment." "After what so-and-so did, I have a right — even a duty — to stay angry with them." "As long as I keep them in the purgatory of my resentment, they can't hurt me." Once you've finished writing down all the reasons why it makes sense to hold onto your resentment, it's time to look at the reasons for letting go. Think specifically of what you want to gain: peace of mind, self-compassion, wisdom, and understanding, joy, etc. When you see that the benefits of letting go are better than the benefits of holding onto your resentment toward this person, it's much easier to break up with it. 11. Write a letter to the other person. Writing a letter to the one who hurt you can help you do the following: Articulate exactly what they've done or said and why you've resented them Let them know how their words or actions have affected you and your relationshipAcknowledge any part you may have had in the cause of your resentmentTell them why you've chosen to let go of that resentment and what will change In letting go of the resentment, you don't have to let this person get close enough to hurt you again. If they don't see the wrong in what they've done or if they blame you for the pain they've caused, it makes no sense to let them back in. But writing this letter to them (whether you send it or not) can help you work through your resentment and see the rest of your life on the other side of it. Can you come back from resentment? Overcoming resentment is a long game, not the work of a moment. It begins with moments, though, and with a firm intention to address the pain, heal, and move on. One of those moments should come at the beginning of each day when you repeat an affirmation or mantra that reminds you of what you want more than to stay angry. Keep the following in mind: Be compassionate toward yourself and practice daily self-care. If you respect your needs, it's easier to make peace with the fact that not everyone else will. Forgiveness doesn't obligate you to want friendship with the one you forgive.You want to be free. And you're strong enough to free yourself. You hold the key to your own freedom. And whatever pain you're working through, you can come out of this as a happier and stronger person. And you have a right to. Are you ready to let go of resentment? Now that you've looked through these exercises for letting go of resentment, which ones appeal to you most? Which will you start today? Whatever you choose as your starting point, be patient with yourself as you work through the steps. And write down what you're thinking throughout the process. Chances are, as you work through your resentment toward one person, you'll see how it connects to older and deeper hurts. You have a right to acknowledge those, too. Take it one day at a time and at your own pace. Your freedom and happiness are well worth the trouble.

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