



Resentment Buster Tips

Resentments are a heavy burden to carry and can really weigh us down. They might be the result of unmet expectations, hurtful experiences, or feeling like we've been wronged. But the good news is, I've created 5 simple tools that can help you let go of resentments and move forward with a lighter heart.

★ 5 FABULOUS RESENTMENT TOOLS

1. "Gratitude list" – Start each day by writing down 5 things you're grateful for. This can help shift your focus away from negative thoughts and keep you centered on positive ones. It also helps cultivate a more positive outlook on life.
2. "Communication" – It's important to communicate your feelings to the people around you. When you feel resentful towards someone, it's usually because you're experiencing some negative feelings that need to be expressed, but you don't want to open your mouth and add more distress, right? Think about what you want to say first and check to make sure you don't have an edge in your voice so that you can speak in a non-judgmental way. Then listen to the other person's point of view. Remember to breathe as you are doing this!
3. "Forgiveness" – Forgiving someone doesn't mean you're condoning their behavior or letting them off the hook. It simply means you're choosing to let go of the anger and resentment you're holding onto. I like to break forgiveness into 3 words. 1) For 2) Give 3) Ness. Start with
 - a. For. You are doing this for you, so that you won't stay stuck in negative feelings.
 - b. Give. By forgiving you are giving yourself and the other person a healing gift.
 - c. Ness gets an acronym. N – Nurture kind thoughts about yourself and others. E – Embrace forgiveness as a tool for happiness. S – Surrender your resentment. Simply let it go. S – Shift into positivity. Remember, forgiveness is for you and it can be a powerful healing tool.
4. "Self-care" – Taking care of yourself is vital for your well-being. Make sure to carve out time in your schedule for activities that you enjoy, whether it's reading a book, going for a walk, or taking a yoga class. Taking care of you can help reduce stress and promote a more positive mindset.
5. "Let go of expectations" – This is a biggie. When we have expectations of others, we set ourselves up for disappointment and often that leads to resentment. Instead, try to let go of your expectations and accept people as they are. Remember, we all goof up, and everyone is doing the best they can with the tools they have. So let go and move on!