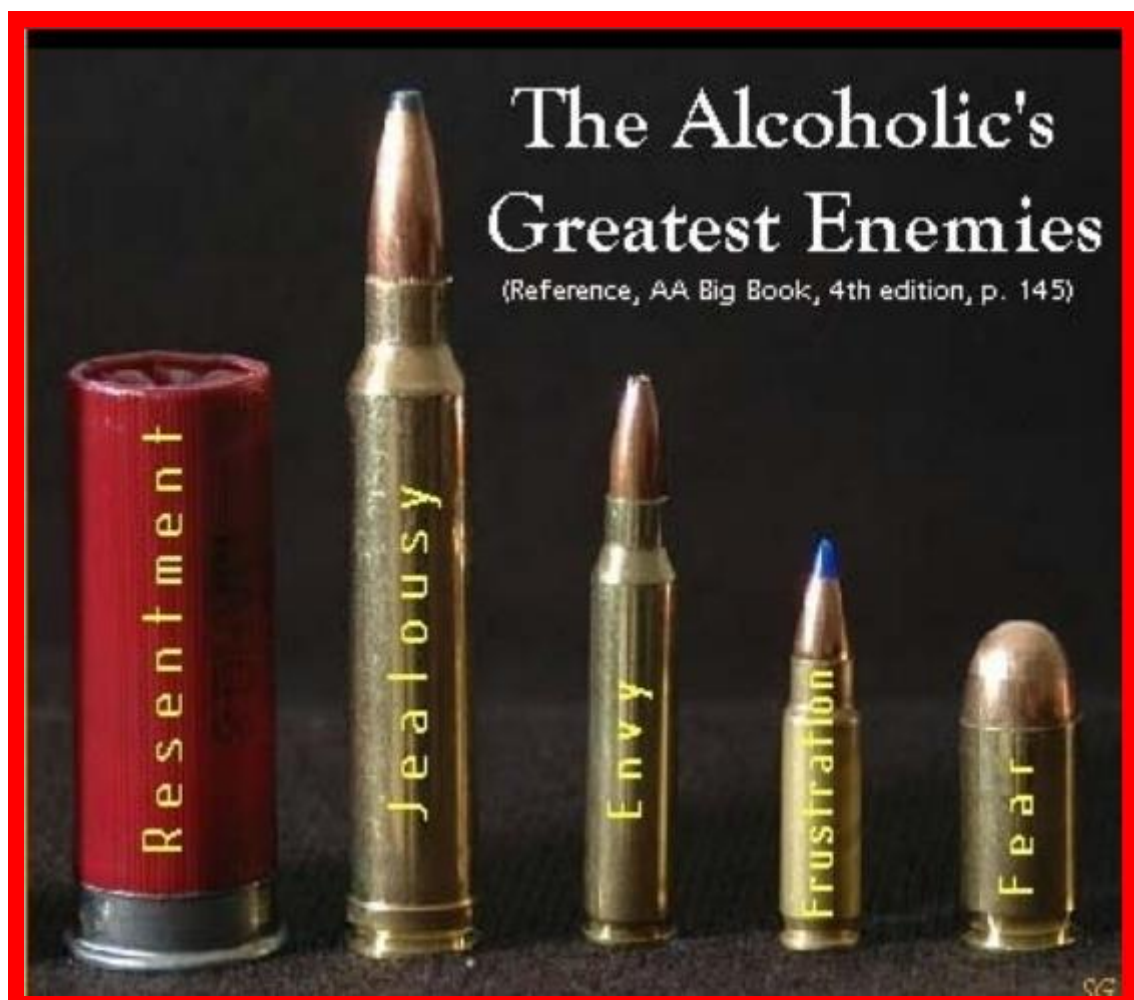


# What are Resentments? How do I avoid them?



Resentment comes from the Latin word re-sentire, meaning to **re-feel**.

So when anything happens that pricks our pride, hurts our ego, or our opinion of ourselves, we can be

Hurt  
Disappointed  
Let down  
Irritated or put out  
Stung  
Unloved  
Unappreciated  
Upset  
Sad, and so on and so on into infinity....

**BUT NOT YET RESENTFUL.....**

The injury can only become a resentment if we give it oxygen to live, if we nurse it, if we mull it over, if we cultivate it, if we dwell with great attention to detail on the injury, real or imagined - to our pride, to our ego... Then we are re-feeling, **THEN WE HAVE DEVELOPED THE ORIGINAL FEELING INTO A RESENTMENT.**

Or to put it another way:- we are injured and we infect the wound because we re-sentire, we re-feel it. And once infected, a resentment is born and having taken hold then only positive action will suffice.

**SUGGESTED REMEDIES**

A. Live in the moment, avoid projection, mental discipline – Just for Today!

B. 4<sup>TH</sup> and 5<sup>TH</sup> Step, for a lifetime of resentments along with dealing with **all our emotions.**

C. On a daily basis:- Step 3, seeking and desiring Gods will, the necessary ingredient for humility which is the antidote to pride.

D. On a daily basis:- Step 10 so all negative emotions are dealt with before they grow up to become resentments.

E. On a daily basis:- Step 11.