Resentment Maintenance

Resentment & Harm

Step-Working Guide · The Recovery Files

In this workbook

1. **Resentment Maintenance** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

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TOPIC

Resentment Maintenance

KEY IDEAS

Resentment Maintenance

The Poison We Drink

Resentment is the persistent holding onto anger, blame, and grievances. It's 'drinking poison and expecting the other person to die.' It blocks spiritual growth, damages relationships, and fuels relapse.

Grievance Collection

Building a Case

Holding onto anger for months or years, mentally rehearsing arguments, and collecting evidence of others' defects. This sustains emotional toxicity and prevents peace.

Blame Externalization

It's Not Me, It's Them

Focusing on others' wrongs to avoid examining our own behavior. Attributing all problems to external sources and using others' bad behavior to justify our own.

Victimhood Identity

The Suffering Self

Defining ourselves primarily by how we've been hurt. Feeling life is unfair and expecting special consideration. This limits personal agency and maintains helplessness.

Emotional Rumination

Replaying the Tape

Obsessively replaying past conflicts and imagining confrontations. This keeps emotional wounds open and prevents psychological resolution.

Relationship Control

Weaponized Anger

Using resentments to manipulate others, withhold love, or punish. Using guilt to get apologies or maintain power in relationships.

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Finding Freedom

Release & Forgiveness

The path to freedom involves recognizing resentments, taking responsibility for our reactions, practicing forgiveness for our own peace, and viewing challenges as opportunities for spiritual growth.

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WORKSHEET

Resentment Freedom Plan

MAP

Mapping Your Resentments

Identify specific examples of how resentment operates in your life.

Sustained Anger

Example: "I still rehearse arguments with my ex from years ago..."

Blame Externalization

Example: "I blame my financial issues entirely on my partner..."

Victimhood Identity

Example: "I define myself as the one who was betrayed..."

Emotional Rumination

Example: "I spend hours imagining confrontations..."

Relationship Control

Example: "I use my hurt to make others feel guilty..."

INVENTORY

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Current Resentment Inventory

Primary Resentments (High charge):

Secondary Resentments (Moderate charge):

Deep Dive

What triggers your anger?

What fear is this resentment protecting?

What would you need to release it?

ACTION

Freedom Action Plan

Target Resentment Pattern:

Freedom Goal:

Action Steps:

_____ _____ _____

Accountability:

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Potential Challenges:

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