

Resentment Prevention

Resentment & Harm

Step-Working Guide · The Recovery Files

In this workbook

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

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

TOPIC

Resentment Prevention

KEY IDEAS

Resentment Prevention

Protecting Recovery's Foundation

Resentment is the 'number one offender.' Prevention involves actively addressing conflicts and interpersonal difficulties before they develop into lasting grudges.

Early Recognition

Catching It Before It Grows

We must notice when small irritations begin. Addressing conflicts in their early stages prevents them from festering into recovery-threatening resentments.

Immediate Action

24-48 Hour Protocol

When resentment starts, we act quickly: pray for the person, discuss with a sponsor, examine our part, and take constructive action within 48 hours.

Forgiveness as Discipline

Spiritual Freedom

Forgiveness is a choice, not a feeling. We practice it as a spiritual discipline to maintain our own freedom, regardless of whether the other person apologizes.

Stopping the Replay

Ending Grudge-Holding

We consciously interrupt the mental replay of past hurts. Collecting evidence of others' wrongs only hurts us. We choose to focus on our own spiritual growth instead.

Boundaries vs. Resentment

Healthy Protection

Setting healthy boundaries prevents resentment. We can protect ourselves from harmful behavior without harboring hatred for the person doing it.

WORKSHEET**Resentment Prevention System****WARNING****Personal Resentment Triggers**

Trigger 1 (Person/Situation):

Early Warning Signs:

Immediate Response Plan:

Trigger 2 (Person/Situation):

Early Warning Signs:

Immediate Response Plan:

PROTOCOL**24-Hour Response Protocol**

Who/What is causing resentment right now?

What is my part in this situation? (Honest inventory)

What appropriate action can I take today? (Pray, discuss, amend)

RESOLUTION

Conflict Resolution Plan

Opening Statement ("I'd like to talk..."):

Issue Description (Specific behavior, no attacks):

Acknowledgment of Responsibility (My part):

FORGIVENESS

Forgiveness & Boundaries

Who do I need to forgive (release the debt)?

Specific prayer for them (Health, happiness, prosperity):

What boundaries do I need to set to protect myself?
