

Letting Go of Resentments

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- Imagine them as a child
- Reflect on the harm you have done to others
- Contemplate the role of his/her disease in his/her actions
- Pray for them—this invites forgiveness
- Give to/do something for the one you resent
- Accept what has happened and move on. Accept people/reality as it is—an imperfect universe
- Let go of expectations of people/things being other than they are.
- Assert Yourself