

Resentment Assignment

1. Write down top twenty resentments.
2. Write down the thought you have about how the world “should” be.
(Expectations)
3. Ask yourself “is it true”, or is this how the world actually is.
4. Write down how it feels to let go of your expectations and accept the world as it is.
5. Write what you should have done or need to do, if anything, to assert yourself, set limits or otherwise take care of yourself. What does it look like to take responsibility for the situation and your life?