

## **Dealing with Resentments and Cultivating Forgiveness**

1. Do what you must to not let yourself be abused or victimized. Create appropriate boundaries.
2. Realize your own role—you are not always a victim.
3. Let go of unrealistic expectations. Accept people/the world exactly as it is.
4. Pray for others who you resent.
5. Do something for others who you resent.
6. Humbly realize your own imperfections and how you have hurt others.