

# HOW TO DEAL WITH RESENTMENT?

## WHAT IS RESENTMENT?

Resentment is a bitter indignation at having been treated unfairly. It can lead to grudges, distrust, anger, depression, etc. -The anger that we feel usually masks a deep, underlying feeling of hurt & pain... but we tend to ignore these feelings & instead focus on the anger

One of the biggest ways that resentment affects us on a day-to-day basis is by causing irrational thinking patterns. -We start to think that we're not good enough, that our efforts & good intentions will never pay off, that people are out to get us, that we'll always get rejected, that we'll always

## HOW TO HEAL FROM OUR RESENTMENTS?

Anytime uncomfortable feelings related to the resentment pop up, FEEL THEM FULLY!

- a. Don't fight them or ignore them
- b. When you push these feelings down, they stay inside of you! Feel them fully so they can pass through you

Identify the behaviors that your resentment causes

Work to improve your self-esteem

- a. The use of positive affirmations can be helpful
- b. Turn to yourself for approval (instead of turning to others)

Challenge your irrational thinking Release your anger in safe, effective ways

- a. Journaling is a great tool for anger/resentment
- b. Learn from your resentments! What valuable life lessons do they offer?

# MORE TIPS:

## How to Manage Your Anger



Identify triggers and warning signs



Talk to somebody



Try breathing or muscle relaxation



Walk or exercise



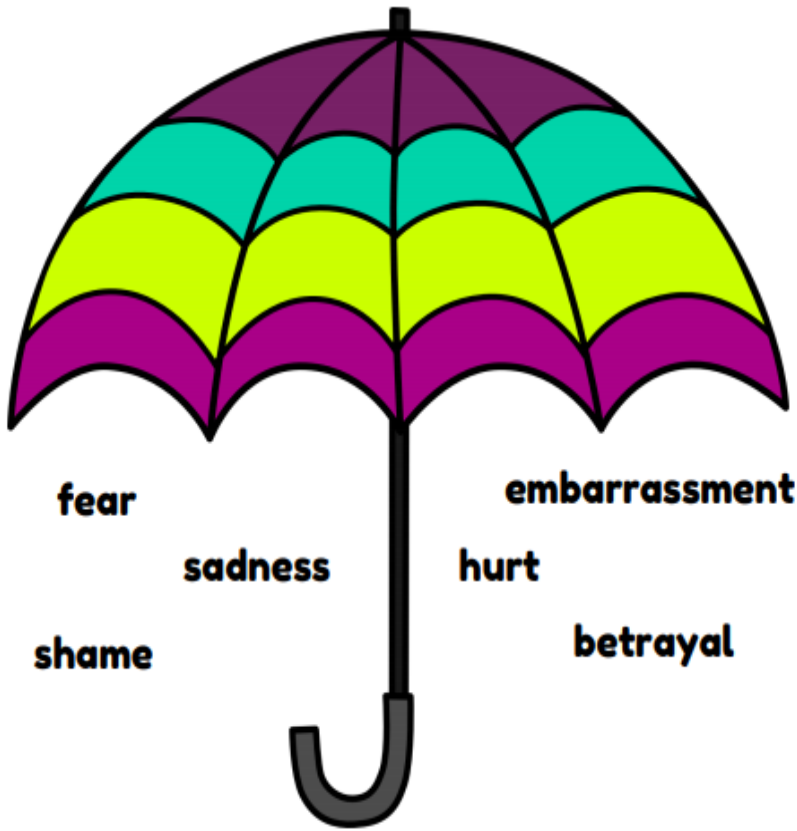
Step away from the situation



Reframe your thinking



# Anger= “Umbrella” Emotion



**The next time you are angry, ask yourself:**

**“What am I really feeling?”**

**+**

**“What is driving my anger?”**

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DEALING WITH RESENTMENT. Holistic Care Initiative for Students by Counselling Centre, IIT Kharagpur.  
Vol.I (5), September 2021  
Courtesy: [www.mygroupguide.com](http://www.mygroupguide.com)