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 fail, etc.

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.
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

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?

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)
How to Manage Your Anger

- Identify triggers and warning signs
- Try breathing or muscle relaxation
- Talk to somebody
- Step away from the situation
- Walk or exercise
- Reframe your thinking
Anger = “Umbrella” Emotion

The next time you are angry, ask yourself:

“What am I really feeling?”

+ "What is driving my anger?”

- fear
- sadness
- embarrassment
- hurt
- shame
- betrayal

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The Counselling Centre is always with you. To learn more, please reach out to us at cc@adm.iitkgp.ac.in or visit CC website - http://www.counsellingcentre.iitkgp.ac.in for online/offline counselling process.

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