

“The worst resentment anybody can have is one they feel justified to keep.” – Louis Gossett, Jr.

Victim/Resentment Worksheet

Owning your feelings is the only way through petty thinking, resentment, and victimhood. If you find yourself whining about a situation or a person's actions ("it's not fair", "they should, or shouldn't..."), in that moment, you're giving away your power.

- 1) Think of a situation where you feel justified in your anger or resentment. What is the complaint in your head?
- 2) Ask yourself... How did I create this situation through my words and actions? Or, what am I believing that has me give away my power or wellbeing?
- 3) What action do I need to take, what conversation do I need to have or what attitude adjustment needs to happen in order for me to take ownership?
- 4) Decide to take action, have the conversation or let go of the belief... or not. But choose.

| Resentment/Whine | How did YOU create this? | What needs to occur? | Choose |
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