

WHAT TO DO WITH

RESENTMENT AND SUFFERING

IDENTIFY CURRENT SUFFERING/RESENTMENTS



(writing down an inventory or journaling can help clarify the situation)

CONTROL WHAT WE CAN CONTROL



(and let go of everything else; some people like the phrase "let go and let god")

UNDERSTAND THE ROLE OF RESENTMENT & SUFFERING

(Why do we hold resentments? What things create the most suffering in our life? What are my negative self-talk messages?)



PRACTICE FORGIVENESS, GRATITUDE, AND ACCEPTANCE

(remember that acceptance is not passive resignation to injustice)

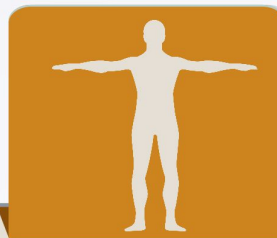


BE PRESENT



(being aware and non-reactive to what arises in the present moment can help with breaking the cycle of suffering)

ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM



(the body's "rest and digest" state as opposed to its "fight or flight" state)

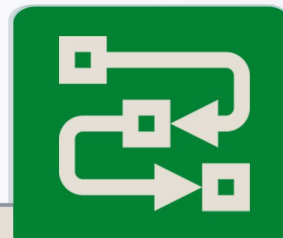
DON'T FALL INTO THE TRAP

(automatic and unconscious reactions are often directed by the emotional centers of the brain which can lead to poor decision making)



KNOW IT'S A PROCESS

(there will likely be ups and downs and working with suffering and resentments is often a lifelong process)

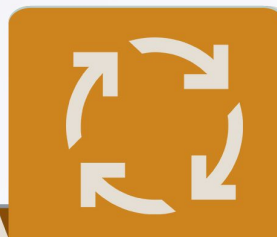


KNOW OUR ROLE



(acknowledging how we influenced an issue in life and looking at things from the other person's perspective can bring understanding)

PRACTICE, PRACTICE, PRACTICE



(if you're tired of expending needless time and energy on suffering and/or resentment then practice these steps often until they become new and healthy habits)

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