

Releasing Resentment

Resentment can be another path to anger.

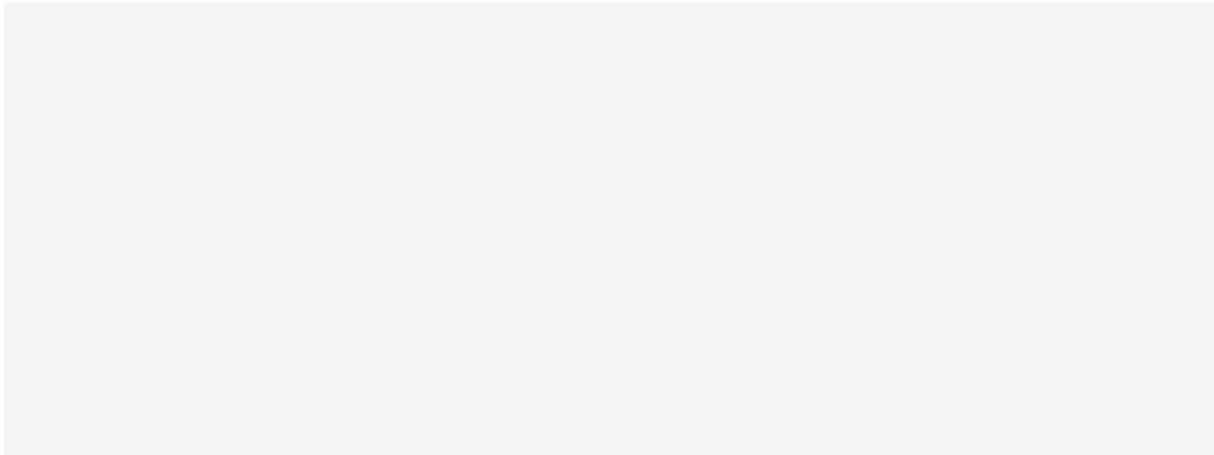
Use the prompts below to reflect on resentment you may harbor and explore what it might be like if it were released (modified from Catalano, 2018):

Describe the event, person, or people that cause you resentment:

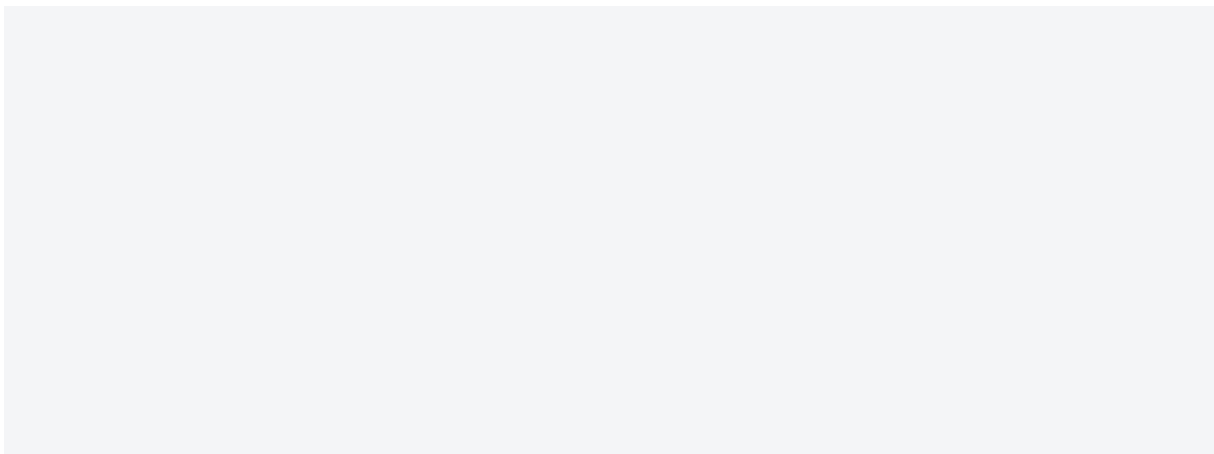
Provide detail regarding how you have been harmed:

What feelings of anger accompany this resentment?

What are the pros of releasing this resentment?



What are the cons of releasing this resentment?



Improving the client's understanding of factors that fuel their anger can help awareness and management of the triggers.

References

- Catalano, J. (2018). *The anger management workbook for women: 5-step guide to managing your emotions and breaking the cycle of anger*. Althea Press.

Dr. Jeremy Sutton