



LCA Tool: Releasing Resentment

Purpose: To release any resentment directed toward a person, circumstance, life or God. To experience forgiveness and the freedom that comes with it. To regain clarity on any constructive action that might be necessary. The following steps assume a resentment directed toward a person.

Keys to Success: Why do we hang on to resentment even when we know how damaging it is to our own lives? There are several reasons:

To avoid the hurt – Often we will resent another for years in order to avoid experiencing all the tears. In creating the willingness to feel and release the hurt, we take a major step toward our own freedom. Are you willing to experience the hurt, to cry the last tear like a child, and move on?

To make a point – Sometimes we resent because we are afraid that forgiving that person is the same thing as saying what they did was OK. What they did is not OK! Please know that forgiveness is not about condoning destructive or irresponsible behavior! Forgiveness is about setting yourself free inside. Are you ready to reclaim your freedom?

To avoid taking responsibility for your role in the matter – Sometimes telling the truth about our part in the damage can be quite confronting. Yet, it is in telling the truth that clears the way for healing. Only then does the burden of resentment begin to lift.

To avoid moving on – From time to time, people resent to avoid taking the action needed to move forward in their lives. No matter how unfair circumstances seem at times, isn't it our job to get on with the business of creating a great life? Are you willing to take the action required to move into a new chapter of your life?

If you notice a hurt come up in this process, be willing to feel it fully; let it come and go just like a child.

Steps:

- 1. Notice that you have a resentment.** Red flags include bitterness, anger, sarcasm, harsh judgment, avoiding a person, thoughts of revenge or wishing another ill.
- 2. Inwardly, ask for the presence and assistance of Spirit.**
- 3. Who do you resent and what did they do?** Do you resent them for what they did in the past or for what they are doing now?
- 4. Notice where the resentment lives.** Does it live in you or the other person? If you have a resentment, that resentment may or may not live in another, but it always lives in you.



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5. **What has your resenting the person cost you?** (Notice this question isn't how has the other person hurt you? ...but...what has your resenting that person cost you?) Examples include sleepless nights, constructive focus, physical pain, money and property, other relationships, your integrity and dignity, self esteem, peace, love, and joy.
6. **Would you like to be free of the resentment?** If the answer is “yes,” please proceed.
7. **Are you willing to be free of the resentment?** Being willing to be free of the resentment has a price. Being willing to be free of the resentment means giving up your right to complain, think or speak negatively about this person to yourself or anyone else... forever. (You might notice that complaining, thinking or speaking negatively about this person has not changed them for the better and has been less than effective in healing the resentment.) If your answer to this question is no, that is OK. However, the consequence is that you get to keep the resentment and everything that goes with it. If your answer is no, quit here until you can create the willingness. If your answer is yes, then proceed.
8. **Take a moment and ask yourself the question, have you ever hurt someone?** Have you ever hurt someone deeply? Who did you hurt and what did you do?
9. **Now, consider the possibility that every human being has a way of seeing life.** This is their reality. And just as our body is similar to the hardware of a computer, this reality is like our operating software. A human being cannot function without a reality, anymore than a computer can function without an operating system. Do you see that you have to have a reality in order to function and that you have no choice in this matter?
10. **Consider the possibility that every person's reality is unique to that individual.** Your reality is made up of reactions and decisions you've made based upon your past, your environment and how you have been treated. Some people have realities that are highly functional. Some people have realities that create a great deal of damage in the world.
11. **Consider the possibility that you take action from your reality, functional or not.** In other words, the wisdom of your action is limited by the quality of your reality and again, you have no choice in this matter. When you were five years old, you had the reality of a five year old, and you behaved accordingly. Ten years from now, you will have a somewhat different reality, but that does you no good today. In other words, you behave 100% congruently with the reality you have in the moment, and you can only select from the choices available to you in your own immediate paradigm. Do you see that this is true about you?
12. **Now recall the person that you hurt.** Do you see that you did what you did from a limited reality? Do you see that if you were wiser and more aware, you would have handled things very differently? Do you see that, given your limited way of seeing things in that moment, that you couldn't have done things differently? There's no way you could have been wiser than you were. And even if you had the thought, “I shouldn't do this”... that thought wasn't strong enough to change your behavior.



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13. **Are you willing to forgive yourself for making a mistake?** Do you see that you did the best you could with what you had, and what you had was limited? Do you see that from time to time, humans mess things up? Are you willing to forgive yourself for being human?
14. **Do you now forgive yourself?** How does that feel?
15. **Now recall the person who you have been resenting.** If a sadness comes up at this point, just let it come and feel it fully.
16. **Did they have a reality? And was their reality limited?** And did they act consistently with their limited way of seeing things? And do you see that given their past, and their very restricted way of seeing life, that they couldn't have done it any differently? Do you see that they, too, are human and prone to making mistakes?
17. **Are you willing to forgive them, given that they couldn't have done things differently?**
18. **Do you now forgive them? How does that feel inside?**
19. **Are you willing to forgive yourself for anything you may have done in retaliation to this person, given that you couldn't have done things any differently?**
20. **Is there anything you need to communicate to the other person (i.e. taking responsibility and asking for forgiveness) or other action you need to take to clean up the situation?** If so, what do you need to do, by when will you do it and to whom will you be accountable?
21. **Inwardly, give thanks for a prayer that has been answered.**

How will your ability to live free of resentment, help you to live in the Light?

Who are the people you have been resenting? _____

Are you willing to use this tool to create the freedom of forgiveness? If so, when will you do this...and who can you ask to support you in this process? _____

What will be the benefits to you and the people you influence, as you master this tool over time?

“Ultimately, isn't forgiveness simply using the truth of our own human limitations, to create the experience of compassion?”

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