

RESENTFUL



Let go of resentment by being honest with those to whom you feel bitter.

What it's about; what it does for us...

...Grudging having to put up with something done by someone with an unfair advantage over us; it cajoles us to make them suffer as much as we can get away with.

We feel this when...

...we think we have been forced to accept something that has been imposed on us by people who have power over us. We think it's unfair.

It makes us...

...feel hard done-by, but we don't say what the problem is. Instead we nurse our bitterness and criticise people indirectly, so we can feel self-righteously superior.

ME FIRST
QUADRANT

