

# RESENTFUL



Let go of bitterness by being honest with those we resent.

**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



MEAN ZONE

