

We create our resentment by first becoming

- **Irritated** — Something or someone's actions or behaviour start to irritate us. Although these irritants may seem trivial, we become...
- **Annoyed** — Something or someone has annoyed us. If we don't recognise it, we bury it a bit deeper and this leads us into becoming...
- **Angry** — When we get angry we either push it down inside or we attack people verbally, mentally, emotionally or physically, which leads to...
- **Resentment and Hate**