

Resentment

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1 Problem Statement

This is an extension of Post 10 (Things to Think About) and the latter part of Post 13 (Personal Responsibility (II)). In the former I talked about why it's important to carefully, purposefully, and meticulously think about things that bother you and in the latter I talked about why spending your resources in alignment with your values is important; the connection is that in Post 13 I talked about how a misalignment of values and lifestyle may cause resentment. As I referred to in Post 10, I've heard Jordan Peterson talk about resentment, which is a major inspiration for this post. This is probably just a rehashing of his ideas, or my interpretation or understanding of them, though I haven't yet found the source statement. It's likely most related to Rule 5 ("Do not let your children do anything that makes you dislike them") of his 12 Rules for Life.¹

2 Examples / Pragmatic Considerations

In the name of patience, self-control, or self-sacrifice, it is a trap for people to sacrifice their desires for others. This isn't necessarily a bad thing, and is a natural part of caring relationships. However, if some concession makes you feel resentment, it probably is a signal that something's wrong. It can be a lack of character or care on your part, an overburdening concession, or merely poor communication (perhaps you feel your concessions aren't appreciated or recognized. In either case, resentment must be noticed and addressed, or it will likely build into something much harder to resolve or address later.

3 Tripping Hazards

Obviously, it's entirely possible that the resentment is born out of a character flaw or poor communication on your part. You have to fairly consider the issue and probably should get some advice from a trusted friend to help evaluate. Additionally, you can't just leave or refuse the concession everytime you feel resentment. You ought to evaluate the issue, determine it's source or cause, and determine whether it can be fixed, and whether it's worth the necessary changes to fix.

4 Lesson / Rationale

Watch out for and pay attention to resentment. It is a potential diagnostic of personal, communication, or relational issues, but you have to remain invested, unbiased, and meticulous to understand and resolve the issue.

References

- (1) Peterson, J. B.; Doidge, N.; Van Sciver, E., *12 rules for life: an antidote to chaos*, OCLC: ocn984635648; Random House Canada: Toronto, 2018.