

resentment, if unresolved can evolve into bitterness and Bitterness is the slow death of a good human!

**The cancer of unresolved and persistent resentment...**

**Resentment** is a deep feeling of anger or bitterness towards someone or something, typically stemming from a perceived wrongdoing, unfairness, or injustice.

**Bitterness** is the feeling of resentment, disappointment, or cynicism towards someone or something, often resulting from perceived unfairness or mistreatment.

In both definitions there is a theme of perceived wrongdoing, unfairness or injustice. **In short, we feel hurt. We feel like something is unfair. And we are pissed about it.**

**How do we know when bitterness and resentment are starting to build up inside of us?**

- We start to have a persistent negative outlook on situations, people or life in general
- We start to feel and act cynical and pessimistic
- We start to hold grudges and struggle to let go of past grievances and perceived injustices
- We become increasingly distrustful of others and start to believe that everyone has the worst intentions
- We start to isolate or withdraw because you feel misunderstood and are scared of being hurt again
- We find it hard to forgive people for mistakes and don't like to accept apologies
- We may find ourselves being easily triggered, confrontational or upset.

- Because our bodies often don't lie to us, bitterness and resentment very often shows up in our bodies – with increased stress and feeling tired and even achy.

What simple daily practices can we employ in our lives to manage and reduce the feelings of resentment and bitterness in our lives? **If you do three things – focus on self awareness, communication and boundaries.**

If you want to experiment with other proven strategies, here are some ideas. All of these ideas require you to give yourself permission to make changes in your life. Said another way, these things won't happen unless you commit to them. Shocker. I know.

1. **Practice forgiveness.** This doesn't mean you forget. This means you let go.
2. **Tell people what you need and want.** Don't assume people know what you need and want. Tell people what you need and want, but focus on how you feel without blaming someone else.
3. **Set boundaries to protect yourself.** What time and space do you need to feel better?
4. **Practice empathy.** Try to understand the perspective and feelings of others, even if they have done something to you. Recognize that we all make mistakes.
5. **Practice self-compassion.** Treat yourself with kindness, forgive yourself for your own mistakes and weaknesses.
6. **Focus on the present.** Move out of the past and focus on what you can control.
7. **Practice daily gratitude.** Recognize all of the good things in your life