

# Letting Go of Resentment Worksheet

## Patient Information

Full name: \_\_\_\_\_

Date of Birth (MM/DD/YY): \_\_\_\_\_ Gender: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Relationship to Emergency Contact: \_\_\_\_\_

## Introduction

Resentment is a common emotion that we all experience at some point in our lives. However, holding onto resentment can be detrimental to our mental and emotional well-being. This worksheet is designed to help you identify and release resentment in a healthy way, allowing you to move forward and improve your relationships.

## Letting Go of Resentment

**1. Identify the person or situation that you are resentful towards.**

**2. What specific actions or behaviors are you resentful towards?**

**3. What emotions do you feel when you think about the situation?**

**4. What do you hope to gain from letting go of resentment?**

**5. What are some ways that holding onto resentment has affected your life?**

## Exploring Forgiveness

1. What does forgiveness mean to you?

2. What are some benefits of forgiveness?

3. What are some barriers to forgiveness?

4. What can you do to overcome these barriers?

5. What are some steps you can take towards forgiveness?

## Moving Forward

1. What are some healthy ways to release resentment?

2. What are some self-care strategies you can use to support yourself through the process of letting go of resentment?

3. How can you communicate your needs and boundaries to prevent resentment from building up in the future?

Note: Letting go of resentment is a process that requires time and effort, but the rewards are well worth it. Use this worksheet as a tool to explore your feelings and identify healthy ways to move forward. Remember that forgiveness is a process, and it's okay to take it one step at a time.