Resentment Worksheet

Name: _____ Age: _____ Date: _____

Instructions: Answer each question in detail and with honesty. After completing the worksheet, review your responses and use them as points for reflection.

Identifying resentment
1. Describe a situation that made you feel resentment. Preferably something recent.
2. Who were the people involved in this situation?
3. What specifically triggered you to start feeling resentment in this situation?
Understanding the impact of your resentment
4. How did feeling resentful affect your thoughts?

5. What physical sensations did you experience as a result of your resentment?

6. How do your feelings of resentment impact your behaviors and interactions with others?

Exploring underlying emotions

7. What emotions did you feel as a result of your feelings of resentment?

8. Why do you think these emotions were present?

Patterns of resentment

9. Have you noticed a pattern in the situations where you feel resentment?

10. What are the common themes or characteristics of these situations?

Coping strategies

11. What strategies have you used in the past to cope with resentment?

12. How effective were these strategies?

13. What new strategies do you think you can try?

(This is optional. If you have a session with a mental health professional, you can revisit and work through these together later.)

Letting go of resentment

14. Identify the steps you can take to address or let go of your resentment.

15. How will you implement these steps?

(This is optional. If you have a session with a mental health professional, you can revisit and work through these together later.)