

Releasing Resentments & Healing

- *Do you feel resentment toward someone in your life? With whom, and why?*

- *What hurt you with their actions or lack of actions?*

- *What had you expected from them instead?*

- *How would you have felt if you had gotten what you needed from them?*

- *Instead, what did you have to learn to do for yourself?*

- *How did this situation make you grow as a person?(think, because of this situation, what were you forced to do?)*

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- *What painful part of you were you trying to avoid? What void were you trying to fill?*

- *What part of you needed their love? Which part of their love did you need?*

- *Are you able to now or in the near future, to learn to give that type of love to yourself? What would that look like and feel like?*

- *How would you feel about yourself if you had that love?*

- *How would you feel about this person now?*

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- *Have you been expecting this person to fulfill a certain aspect of your life? If so what is it?*

- *How would you feel if you weren't affected by this person anymore? If what they did or didn't do had no consequence for you, didn't change how you feel about yourself, your life, or even your relationship with them?*

- *What does inner peace mean to you? What would that look like and feel like in your life?*

- *How would you feel if you were in control of your inner peace?*

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- *How would you feel if you knew that this person's actions were all about them and where they were at, and had nothing to do with you?*

- *How would things look if you knew you could feel good anyway? Even if this person didn't show up how you wanted them to?*

- *Imagine what it would look like and feel like to know your worth no matter what anyone else did or said. How would life be for you?*

- *What pain did you experience by not having your needs met in the past, in this relationship?*

- *What part of you still hurts because of it?*

- *What name would you give this feeling?*

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- *What might this person have been going through in their own life that may have caused them to not meet your need(s)?*

- *Do you think they purposefully did not meet your needs? Why or why not?*

- *Do you think they tried the best they could with what they had?*

- *How do you think this person feels or felt about you? Why?*

- *What do you think is in their heart?*

- *What is in your heart towards this person?*

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- *When they disappoint or upset you, does what's in your heart go away?*
- *How do you act towards this person or in general when you are disappointed or upset with someone?*
- *Does that mean you don't love them?*
- *Do your actions match what's in your heart?*
- *What do you appreciate about this person?*
- *What are some of the good things they have done for you?*
- *What do you value about them and having them in your life?*

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- *How do you go about getting your needs met?*
- *When you're upset with this person, how do you communicate with them?*
- *How have you acted in a self protective or defensive manner with this person?*
- *How might you handle that differently?*
- *How might this person's behaviour have been self protective?*
- *What do you think they really wanted or needed from you?*

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- *How do you feel about the relationship or this person now?*

- *What do you want to do moving forward?*

- *What have you learned about yourself through this process?*

- *How will this effect your relationships moving forward?*

- *Other thoughts/insights to note:*