

## *A Resentment Guide*

	<b>Injustice Experienced</b>	<b>Boundary Violated</b>	<b>How it Influences You</b>
1	Criticism	self worth / risk taking	settling / procrastination / perfectionism
2	Comparison	value of self / self esteem	materialism / inappropriate competitiveness
3	Emotional Unavailability	ability to trust / safety	co-dependance / self sabotage
4	Dismissed Emotions	distrust - self destruction	false emotions / estrangement / lack of empathy
5	Abuse (physical / emotional / spiritual)	question personal safety /	abusive to others / sexual dysfunction / emotionally withdrawn
6	Lack of physical Intimacy	right to give and receive affection	fear of commitment
7	Body Shame	self acceptance /	excessive fear / physical obsession
8	Shameful Behavior of Loved ones	distrust of authority / sense of belonging	chronic distrust and insecurity
9	Unreasonable Expectations	ability to error / risk-reward ratio	false ignorance / perfectionism
10	Love was conditional	imperfection / right to say "no" /	hyper-responsibility / people pleasing / denial of hurt