

# RESENTMENT RECIPE CARD

## Ingredients

- SENSE OF INJUSTICE OR WRONGDOING
  - NEGATIVE TREATMENT BY OTHERS
  - FEEL LIKE OBJECT OF DISCRIMINATION OR PREJUDICE
  - FEELING USED OR TAKEN ADVANTAGE OF HAVING ACHIEVEMENTS GO UNRECOGNISED
  - REJECTION OR DENIAL BY ANOTHER
  - BEING PUT DOWN OR EMBARRASSED BY OTHERS

## Directions

## Journal Note

## SHOPPING LIST

ANGER

DISPLEASURE

FURY

INDIGNATION

IRE

IRRITATION

MALICE

PIQUE

RAGE

VEXATION

WRATH

BITTERNESS

GRUDGE

RANCOUR

UMBRAGE

GALL

HUFF

HURT

ILL WILL

ANIMOSITY