

Resentments Related to trauma, deep harms, and abuse

Important Note: This set of questions is **not** a replacement for a complete and thorough resentment inventory. Please use it as an *addition* to your full inventory process and work through these questions with your sponsor. AND Professional Support is Essential. Please remember that trauma and abuse require treatment by qualified therapists and the medical community. The following questions and 12-step work are intended to be used in addition to, and not as a replacement for, professional therapy and medical care. If you are dealing with trauma or abuse, please ensure you are actively working with a therapist or other qualified professional.

Trauma, abuse, victimized, violated harms that I cannot find where I was at fault or a realization where I have done the same or similar thing. Can't get relief from the resentment, bitterness and pain. After doing a full inventory on the resentment some questions can help open up to more healing and more things to take to step 6 & 7. This is not a replacement for a complete and thorough resentment inventory, don't use it as a shortcut, use it in addition to your complete inventory, ask these questions together with your sponsor.

This can help you explore resentments stemming from trauma, abuse, or situations where you feel victimized and struggle to find your fault or recognize similar behaviors in yourself. If you are finding it difficult to release resentment, bitterness, and pain related to these experiences, these questions can offer deeper insights to bring to Steps 6 & 7 of your recovery process.

Take a few deep breaths in with each question, (I ask them out loud with my hand on heart)
When considering the resentment original harm I can't/won't let go of:

Who did I become after this happened?

How did I treat myself after this happened?

How did I treat others after this happened?

Have I allowed this harm or similar to happen to me again?

Have I given away the responsibility of my life to another person/people as a result of holding on to this resentment?

What power or energy do I get by holding on to this resentment?

Who would I be without this resentment?

How often have I harmed myself in this resentment by replaying the harm over and over in my head and in my life?

Are there still parts of my own thinking that still blame me or shame me over what happened to me?

What repetitive behaviors or situations have I been stuck in related to this resentment?

Now breathing deeply again with your hand on your heart:

Can I see any peaceful, loving reason to keep this resentment?

Any reason peaceful and loving to my Self?