Anger/Resentment

Participant Workbook | Notice • Reflect • Respond

Anger is a normal emotion. Resentment may arise when something feels unfair or unresolved. You can respect your feelings while choosing actions that protect your safety, relationships, and recovery.

Understanding my response

Consider: What happened? What did I tell myself it meant? What emotion did I notice? What did I want to do? What else might be possible?

Reflection 1: A resentment that affected my life

Describe a situation in which resentment toward a person or situation negatively affected your life. Use a fictional example if you prefer.

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Reflection 2: Boundaries and past experiences

Who or what was involved? Were any boundaries crossed or unclear? Did earlier experiences influence your reaction? You are not responsible for another person’s harmful choices.

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From Resentment to Response

Use a personal or fictional situation. There is no requirement to share your answers.

1. Observable event — What would a camera record?

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2. My interpretation — What did I believe it meant?

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3. Feelings and body signals — What did I notice?

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4. Needs and boundaries — What matters here?

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5. Urges — What did I feel like doing?

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6. A safer, values-based response — What can I choose?

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7. Support — Who could help me respond thoughtfully?

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Anger/Resentment

My coping strategy menu

Mark strategies you might try. Forgiveness is optional; no strategy requires contact with someone unsafe.

☐ Setting boundaries — Clarify what is and is not acceptable; choose a safe response within your control.

☐ Practicing forgiveness — Optional and personal. Forgiveness is not required for healing, reconciliation, or safety.

☐ Suspending judgment — Check interpretations and consider other explanations without dismissing genuine harm.

☐ Journaling — Record events, feelings, thoughts, needs, and next steps without sending an impulsive message.

☐ Talking with loved ones or professionals — Choose trustworthy support; ask whether you need listening, perspective, or problem-solving.

☐ Meditation — Try grounding or brief mindfulness; if inward attention feels distressing, choose an external focus.

☐ Creative hobbies — Use music, drawing, building, or other activities to channel energy constructively.

☐ Attending 12-step meetings — Use mutual-help community if it fits; alternatives include SMART Recovery and other peer support.

☐ Reaching out to sponsors — Contact a sponsor, mentor, counselor, or other trusted support person before acting on an urge.

My personal response plan

One early warning sign I can notice:

_____

One coping action I can practice before reacting:

_____

One boundary I can communicate safely:

_____

One person or service I can contact for support:

_____

Discussion prompts

• What is the difference between feeling angry and acting aggressively?

• How can a boundary protect you without trying to control someone else?

• What helps you respond when you believe you have been treated unfairly?

• When might it be safer to step away than to resolve a conflict immediately?

Educational self-reflection only; not a clinical screening tool.

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