



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

Resentment

re·sent·ment— *a bitter indignation at having been treated unfairly.*

Resentment is defined as indignation or anger about having been treated unfairly. It’s a complicated emotion because it involves feeling humiliated, shamed and, ultimately, wanting revenge. In wanting revenge, the other must suffer a much worse fate than was caused to happen. By its very nature, the reasons for feeling resentful cannot be forgiven. In intimate, family relationships, love among people is broken. Feeling such a negative emotion often stems from feeling unseen and misunderstood by the

other. It does not matter how trivial or serious the injustice might be. To the one who feels being treated unfairly, it's all the same, whether something slight or major.

Resentment Is Corrosive

Resentment is corrosive because it involves thinking obsessively about the insults and injustices committed against the self. Because the nature of life is such that there is plenty of injustice going around for all of us, there is no end to the amount of anger we can perpetrate against ourselves. In other words, in the end, the feelings of resentment become turned against ourselves. In other words, in the end, the feelings of resentment become turned against the self because maintaining such a high level of negative emotion takes a toll on physical and mental health. It seems that the resentful person cannot let go of this negative emotion and move on with life. There is a constant reliving of the injustice that was committed. This reliving pops into consciousness at any time and for no reason. Then are the feelings of anger and the fantasies of revenge which are as focused and draining as are the memories of the injustice.

Under the worst of circumstances, resentment can turn into full blown hatred and even fanaticism when it comes to groups of people resenting other groups. It was fanatic hatred that gave rise to the Nazi party in World War II. Its simmering resentment that gives rise to religious and racial hatred, so the resentful person is convinced that the only role they can play is that of the victim.

The Solution to Resentment Addiction

If you are someone who is afflicted with this sense of always being mistreated then it's important to get help to change it. It's not always easy to get rid of resentment without help because it becomes a way of thinking and feeling that is almost addictive in nature. However, in order to have a high quality of life, it must change.

The Art of Emotional Composure

When feeling resentful – the answer to changing that mind-set is truly at your fingertips! Refer to the **BASIC POWERAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – turn the negative into a positive and take action!

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