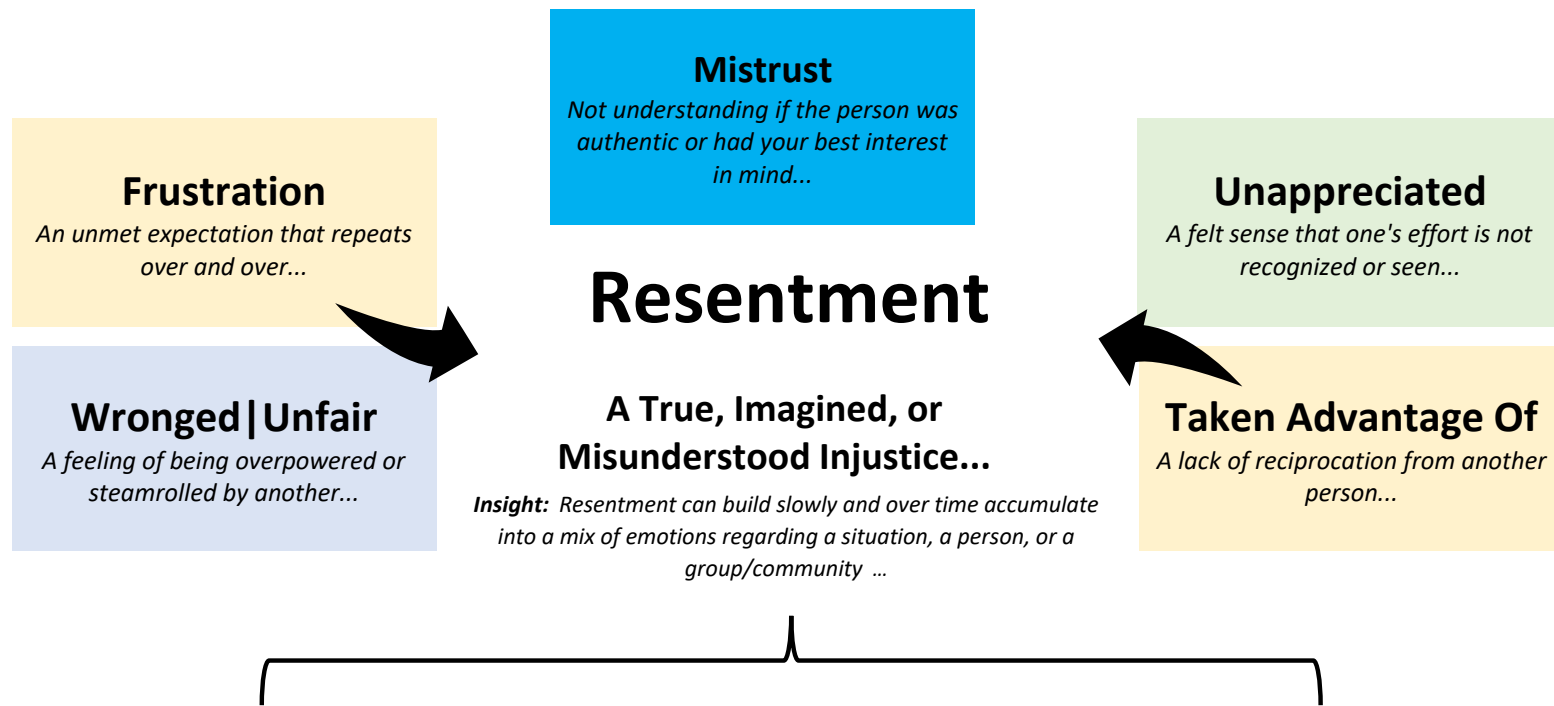




Mind

Practice: Identifying the underlying want or need that is fueling the resentment. Then, try to re-label resentment to honor that want or need to dilute the impact of resentment.

Body

Practice: Noticing where resentment lives in the body. Such as, tension in the neck, pressure in the head, upset stomach. Then, focus attention on self-care by practicing mindful breathing, stretching the body, or whatever may offer relief...

Spirit

Practice: Extending forgiveness, empathy, compassion, and gratitude towards the situation. Develop a practice of loving-kindness through a Metta meditation.

Consider the role and contributions of everyone involved. Remember that a system includes a sum of the contributions from all the parts involved. Practice being open to understanding what contributed and how to move beyond the anchor of resentment with the situation...