

Justified Resentments

June 18

After a painful incident, we often justify the need for a resentment. The emotion itself is not the problem, but rather, what we do with it. Normal people feel resentment, state their anger, and then get over it. They may, after a cooling off period, even make amends if they believe their own behavior warrants doing so.

Those of us in addiction or with mental or emotional instability, tend to weaponize justified resentments, making them as potent as a gun in the hands of a criminal. For those who are not in good control of their emotions, acting out, full-throttle, feels like a right, even a duty. Without self-control, justified resentments tend to be an automatic move to hostility.

In recovery, we do whatever is necessary to diffuse the effects of this emotion before the resentment grows. Justified or not, anger only serves to hurt ourselves or others. Perceived or real, justified anger has the power to cause actual damage. The responsibility for diffusing justified resentments belongs to the person who harbors them.

Waiting 24-48 hours in prayer and meditation, and talking to others before we do anything, can go far to diffuse the threat of retaliation. Asking hard questions of ourselves such as, "What is the truth in this incident, and what is the truth about me?" helps us to see we are not innocent bystanders.

As our anger cools, we let The Steps work us; otherwise, a backward walk through the gates of hell awaits.

TODAY'S MEDITATION

I seek prayer and meditation as the passageway to love and tolerance of others so resentments have no room to fester and grow.

"Anytime you're filled with resentment, you're turning the controls of your emotional life over to others to manipulate . . . Resentments give you an excuse to return to your old ways. This is what got you there in the first place."

— Wayne Dyer

