

Person, Place, Institution	I am resentful because...	Affects this had on me	Exact Nature of My Wrongs	What choices do I see/have Today?
A relationship	<p>You left me</p> <p>You lied all the time</p> <p>You hurt people</p> <p>You scare me</p> <p>You didn't love me</p> <p>You failed to protect me</p> <p>You minimize my story and make me feel like my feelings don't matter</p> <p>You needed me, you didn't want me. There's a difference!</p> <p>You twisted everything I said into what you thought I was saying</p> <p>You were emotionally and spiritually dead and you didn't respond to my codependent CPR</p> <p>You numbed out with anything you could think of to not feel pain</p>	<p>I felt worthless.</p> <p>I became emotionally guarded and stuffed my feelings.</p> <p>I decided I was a bad person.</p> <p>I lost me – and just recently started to get me back.</p> <p>I learned to be manipulative.</p> <p>I learned that the loudest, most intimidating person wins the fight.</p> <p>I learned really terrible communication skills.</p>	<p>I was passive aggressive</p> <p>I tried to change you and control you</p> <p>I didn't stand up for myself</p> <p>I dumped all of my crap onto you and made it "our" crap when it wasn't. Furthermore, I tried to take on all of your "crap" as my own when it wasn't mine. I meshed into you.</p> <p>I tried to squeeze you into my "happy family" mold when you were not a willing participant.</p> <p>I gave away all of my power to you and then got angry now and then because you had all the power!</p> <p>I had super unrealistic expectations of you</p>	<p>I choose to let it go</p> <p>I choose to be grateful for this experience</p> <p>I choose to remember the good times with you</p> <p>I choose to not continue my relationship with you</p> <p>I choose to forgive you, I choose to forgive myself, I choose to forgive both of us because it just makes sense</p> <p>I choose to release my guilt. It was not my job to save you.</p> <p>I can be okay with other people not being okay with me.</p>