

Sober Tools - Resentment Analyzer Profile (Continued)

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The original addiction recovery text, *Alcoholics Anonymous*, is pretty clear about the need to search out the "flaws in our make-up which caused our failure ... " especially resentment because it is the "number one offender" that "destroys more alcoholics than anything else". The energy we put into analyzing and being free of resentment will be rewarded back to us many times over.

Task 1: Describe, in detail, a resentment that is currently troubling you. Begin by telling who did what to whom or what happened to whom and what you perceived the injury to be at the time of the occurrence.

Task 2: Describe how long you have had this particular resentment and what other wrongs that you have endured that you suspect would be similar to it.

Task 3: Focus back on the time when the wrong that gave rise to the resentment occurred and make a list of all the costs you endured within the first month of the wrong.

Task 4: Describe how you coped with the losses that you incurred from the wrong since it occurred.

Task 5: Make a list of all the consequences you have suffered because of the way that you have coped with the wrong since it first occurred.

Task 6: Study your writing and tally up the cost. Make one statement to describe which cost you more - the original wrong or the consequences for the way that you have coped with it.

Task 7: Share your writing with a trusted member of your support system or your therapist and get a second opinion about your tally.

~ Task 1 ~

Describe, in detail, a resentment that is currently troubling you. Begin by telling who did what to whom or what happened to whom and what you perceived the injury to be at the time of the occurrence:

I resent my father for his constant criticism on how I live my life as an adult. Every time I visit, he makes comments about my career choices or the way I spend money. Recently, when I mentioned wanting to go to school, he said, "You never finish anything you start". I felt hurt and angry, like he didn't believe in me and only saw my flaws. I never feel like I measure up in his eyes.

~ Task 2 ~

Describe how long you have had this particular resentment and what other wrongs that you have endured that you suspect would be similar to it:

I've carried this resentment for about six months, but steams from a long time ago. Growing up, he often compared me to other kids or my siblings, pointing out what I lacked instead of what I did well. So when he criticizes me now, it feels like the same old wound being reopened.

~ Task 3 ~

Focus back on the time when the wrong that gave rise to the resentment occurred and make a list of all the costs you endured within the first month of the wrong:

- I felt embarrassed and defeated
- I doubted myself about going back to school
- I started drinking more on nights after seeing him, to "shake it off".
- My mood dipped and I had trouble staying motivated.

~ Task 4 ~

Describe how you coped with the losses that you incurred from the wrong since it occurred:

I coped by avoiding the usual level of contact with my father and only spoke to him when he called. When we did talk I made sure to keep it surface level and gave him no opportunity for him to give me input. I began coping by talking about all of his shortcomings to certain family members and friends. I remember saying a lot to one friend, "If he loves my brother and sisters so much, then be with them and leave me alone because I am fine without him." I know I started working a lot more also to distract myself from the fact that many of my friends were beginning to get accepted into schools and I didn't apply. I also recognize that I seem to be drinking alcohol more and more.

~ Task 5 ~

Make a list of all the consequences you have suffered because of the way that you have coped with the wrong since it first occurred:

- My relationship with my father is distant and tense
- My relationship with my siblings is more tense
- My friends seem to have become tired of hearing me whine about him and they are upset with me for not being excited for their decision to apply to college.
- I've carried a lot of self-doubt into other areas of my life.
- I avoided calling or visiting him because I didn't want to hear more negativity.
- I relayed the comment in my head and got angrier each time.
- I let his words stop me from pursuing school right away.
- I leaned on drinking instead of healthier coping mechanisms.
- I wasted energy staying angry instead of letting it go.

~ Task 6 ~

Study your writing and tally up the cost. Make one statement to describe which cost you more - the original wrong or the consequences for the way that you have coped with it:

After looking at my resentment towards my father, it is clear that the way I have coped has cost

me more than my father's judgemental, hurtful comment six months ago.

~ Task 7 ~

Share your writing with a trusted member of your support system or your therapist and get a second opinion about your tally:

After sharing this with my sponsor, she agreed with my tally and then helped me to see that

I am making my father responsible for the way I feel and the quality of my life. She is encouraging

me to reach out to the admissions department of the college I wanted to attend to see if they

would let me submit my application late.
