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Are you struggling with feelings of resentment toward others? Do you resent those who cheat or benefit from the good 'ol boy system to get cushy jobs with high pay? Do you resent people who've reaped rewards you believe they didn't deserve? I have on many occasions. Sometimes resentment consumed so much space and time in my mind that I became negative and unproductive. I eventually had to seek out advice from a reputable leader to help me manage my thoughts. And what I learned was that many of my assumptions about others were wrong and that resentment could take me down a long rabbit hole of negativity if I let it.

Resentment can consume your entire life if you're not careful. It creeps in when you often compare your wealth, status, and appearance to the people around you; or if you feel envious of people who can afford nicer possessions than you can; or if it's difficult for you to listen to other people share their success stories; or if you think you deserve more recognition for your accomplishments than you actually receive; or if you worry that other people perceive you as a loser; or if you feel disgust, rather than joy, toward people who are able to achieve their dreams; or if it's hard for you to be around people who make more money than you; or if you feel embarrassed by your lack of success; or if you sometimes imply to others that you're doing better than you actually are; or if you secretly experience joy when a successful person encounters misfortune.

If you feel resentment over someone else's accomplishments, it's likely based on irrational thinking and can cause you to begin behaving in an illogical manner. And quite often it's not justified. If you overlook the fact that someone reached their goals by investing time, money, and effort to get there, you could be susceptible to resenting that person's

achievements. It's easy to look at a professional athlete and say, "I wish I could do that." But do you really? Do you wish you got up and worked out 12 hours a day, gave up eating foods you love, and miss spending time with family and friends due to a demanding event and practice schedule? The same can go for resentment toward doctors, lawyers, and people in other high-paying professions--the daily grind that accommodates each is not so rosy.

When we get angry, we often express our feelings. But with resentment, there is a greater tendency to mask our true feelings with feigned kindness. Yet beneath the smile is a seething mixture of indignation and envy.

Here are some problems resentment can cause:

- 1) You'll stop focusing on your own path to success.
- 2) You'll never be content with what you have.
- 3) You'll overlook your own skills and talents.
- 4) You may abandon your values--especially if it causes you to behave in a desperate manner to either sabotage someone else's efforts or cause yourself to go into debt to keep up.
- 5) You may damage relationships because resentment typically leads to indirect communication, sarcasm, and irritability that is often hidden under a fake smile.
- 6) You may begin tooting your own horn to divert the spotlight to you.

If you find yourself resenting other people, use these strategies to change your thoughts:

- Avoid comparing yourself to other people. Comparing yourself to others is like comparing apples and oranges. You have your own set of unique talents, skills, and life experiences, so comparing yourself to other people isn't an accurate way to measure your self-worth. Instead, compare yourself to who you used to be and measure how

you're growing as an individual.

- Develop an awareness of your stereotypes. Work on getting to know people instead of automatically judging them based on stereotypes. Don't allow yourself to assume that someone who has gained wealth, fame, or whatever else you may envy is someone evil.

- Stop emphasizing your weaknesses. If you focus on all the things you don't have or can't do, you may set yourself up to resent the people who do possess those things. Focus on your strengths, skills, and abilities.

- Don't magnify or exaggerate what other people have. Despite their status, they are likely to have challenging issues somewhere in their life. Remember that everyone has weaknesses, insecurities, and problems--even those who are successful.

- Don't insult other people's accomplishments. Avoid saying things like "He only got promoted because he's friends with the boss." Or "I'd be able to do that too if I was born into a rich family."

- Stop trying to determine what's fair. Don't allow yourself to focus on things that aren't fair. Unfortunately, some people cheat to get ahead. And some people may become successful simply based on chance. But the more time you devote to thinking about who "is deserving" of success and who "isn't deserving," the less time you'll have to devote to something productive.

When it comes down to it, the people you resent can't take their possessions and money with them when they leave this earth anyway. Sure, maybe someone else may benefit from an inheritance and continued resentment is tempting, but don't succumb to it. Instead, focus on yourself and your resources and thrive with what you have. And if you want more than what you have, go out and get it! Don't be consumed with resentment.

~ The End ~