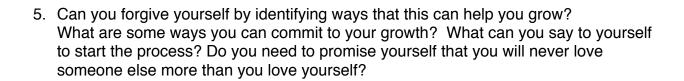


The following six step process is part of the "Clearing Away the Barriers to Love" module in my 8-week program, Finding the Love of Your Life *by becoming it first*. Letting go of the resentments that you have been holding on to will free up emotional space and energy and allow more room for love. It is a gift that you give to yourself. It is not about letting the other person 'off the hook'. It is about freeing yourself of the burden of holding on to this toxic energy. Answer each one of these questions and repeat for EVERY person you are holding resentment toward.

۱.	Identify any past resentments that you are still holding on to:
2.	For EACH ONE, complete the following sentence: I resent
	because:
	and this is what he/she did and should not have done (or should have done differently):

3. Identify how you showed up in that relationship. Who were you being? Were you being needy? demanding? whining? insecure? unavailable? shut down?

4. How did you co-create any part of this? Were there ways that you contributed to your own victimization? Were there times that you didn't listen to that voice inside of yourself that saw something? Knew something? Where did you dismiss your feelings? Where weren't you honest with yourself? How did you devalue yourself? Were you scared that if you spoke up, he/she might get angry or reject you? Or that you would never find someone better because you undervalued yourself? How did you give away your power?



6. What would you have to let go of in order to be free of this resentment? What would you have to accept (does not have to mean accepting other's inappropriate behavior, but maybe accepting that you can not change who they are and they did what they did)? Are you still waiting for something from this person? Can you let go in order to be free to move on?