

Premature thoughts on the resentment sheet

Posted by KiviYVY - 17 Feb 2011 15:48

I'm really not a resentful person. I'm actually overly accepting of others, can count on 2 fingers the amount of times I've raised my voice in my home. I'm really quick to apologize, to admit I was wrong, and I understand where others are coming from.

At the same time, I've experienced emotional pain before. When I started filling out the sheets I found that I was reliving the pain I experienced way back when. That helped me come to understand at least one benefit of this exercise. Get a hold of the pain that you've experienced. Feel it again and recognize it for what it was and is. Define it, quantify it. The pain has been looming as a large blob and I've been trying to fight it in the dark. That darkness was my ignoring it. I was afraid of it so I ran away from it and never got to know it. I let it take up space in my mind as some undefined, out of control, infinite mass and never took the time to measure it and find the appropriate place to contain it. This exercise helps you file it where it fits and belongs. Once it's filed it's not gone - the pain can be relived, but it's measured pain. Once all the pain is measured and filed, I expect that I will then discover there's a lot of room in my mind, in my life, for HKB"H.

Those are my thoughts for now. Am I on the right track?

YVY

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Re: Premature thoughts on the resentment sheet

Posted by Yosef Hatzadik - 17 Feb 2011 17:57

WOW!

You are on the Express Track!

You got exactly right.

At the rate you are going you will by steaming down the rails, with the meadows zipping by.
Clackety clack. Clackety Clack.

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