

## Resentment writings

"The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem." ~Psychiatrist and author Theodore Rubin

The next time a difficulty arises, greet it with eagerness and joyful anticipation, the same way you would any game you're very good at and know you can win, and watch how this simple change of mind will cause it to dissolve like mist on a sunny day. This may take some practice, and you may have to start with the smaller problems and work your way up to handling the bigger ones, but once you've mastered the technique, you'll find it to be the perfect solvent for any problem that comes along. May your day be filled with all things good.

If you would like to listen to the message, click on the link below:

<http://clicks.aweber.com/z/ct/?uninw.U58Birhkre6yn.6g>

<b>Column #1</b> Who or What Am I Resentful Or Fear About:		
<b>Column #2:</b> <i>The Cause Why I Am Resentful or Fearful</i>	<b>Column #3:</b> <i>Affects My:</i>	<b>Column #4:</b> <i>My Mistakes</i>
	How does this affect my self-esteem?	Was I selfish?
	How does this make me feel insecure?	The lies I tell myself and others:
	Ambitions?	How was I self-seeking?
	What fears arise from this example?	How does this realization frighten me?
	How this affect my personal and sex relationships?	
<b>TAKING ACTION: How to resolve this conflict or values of concerns?</b>		

Physical	Spiritual	Mental/ Emotional	Other