

The Slow Burn

Bring the quiet, long-running resentment out where you can look at it.

WHEN TO USE THIS

Use this when nothing has blown up but you have felt sour for weeks.

Who are you quietly resentful of right now, and what for?

Nobody else reads this. Be blunt.

Set it out plainly for one person on that list.

WHAT I HAVE GIVEN

WHAT HAS COME BACK

Have they ever been told any of this? What has stopped you?

Resentment is often a bill nobody was ever handed. It is worth deciding whether to hand it over or tear it up.

A slow burn does less damage in the moment and more damage over time. It deserves your attention.