

THE GRUDGE THAT ATE ME ALIVE

68 Ways I Nurture My Bad Feelings Toward You

CHECK OFF ANY YOU'VE BEEN GUILTY OF

Family grudges
Work grudges
Athletic grudges
Talent grudges
Parents' grudges
Kids' grudges
Students' grudges
Disciples' grudges

Somebody, somewhere said: "I began a negative checklist and you fulfilled every expectation. I have a right to hold a grudge towards you."

1. I didn't get enough respect.
 2. I didn't get enough praise.
 3. You kept me from fulfillment in my life and work.
 4. You're at fault for what happened to me.
 5. It makes me feel good when I blame you.
 6. It makes me feel good when I see negative things happen to you.
 7. There's a warm-cold feeling when I contemplate ill thoughts toward you.
 8. You prevented me from accomplishing things I might have tried.
 9. I wasn't loved enough.
 10. I wasn't encouraged enough.
 11. I wasn't challenged enough.
 12. You pushed me too hard or not enough.
 13. You forgot what was important to me.
 14. You didn't help me to control my anger.
 15. You made snide remarks about my weaknesses.
 16. You laughed mean laughs at me.
 17. You didn't notice when I did well.
 18. You used platitudes to smooth over my hurt feelings. They didn't work.
 19. You made false accusations. You lied.
 20. You took credit for my work.
 21. You were careful to bring up my weaknesses more than other people's.
 22. You had more advantages than I did.
 23. You intentionally frustrated me.
 24. I was always a disappointment to you.
 25. You attacked things I held dear.
 26. You disapproved of my friends.
 27. Others esteemed me more.
 28. You were the cause of my anger lots of times.
 29. You caused my low self esteem.
 30. You kept reminding me of my past mistakes.
 31. You aren't as perfect as you think. I have a list.
 32. I was blamed for lots of things that weren't my fault.
 33. You didn't listen.
 34. You wanted me to be someone I wasn't.
 35. You wanted yourself to look good to your peers.
 36. You verbally abused me.
 37. You were jealous of what I did well.
 38. You're a negative person.
 39. You're easily irritable.
 40. You deserve disrespect.
 41. I was always an embarrassment to you no how much I tried to please you.
 42. You set goals which were too high for me to reach.
 43. I wonder how you treat the members of your family.
 44. You tend to judge people too harshly.
 45. You've got a lousy tone of voice when you criticize.
 46. You withheld kind words.
 47. You showed favoritism to others.
 48. You didn't know how to appreciate creativity in others.
 49. You didn't teach me how to cope with disappointment.
 50. You didn't show me how to study.
 51. You didn't teach me how to hold a job.
 52. You didn't model how to thrive under adverse circumstances.
 53. You didn't teach me persistence.
 54. You blamed often.
 55. You didn't protect me.
 56. You smothered me.
 57. You taught me to smother my feelings.
 58. You were pigheaded.
 59. You held grudges against me. (*I think of 7 things*)
 60. It was all the little ways you slighted me.
 61. You didn't help me with interpersonal relationships.
 62. Your pride was oppressive.
 63. You let me down.
 64. You were never complete in your forgiveness for my mistakes.
 65. Other people were always more important than I was.
 66. I felt insignificant around you.
 67. You didn't even like me.
 68. Forgiveness was always conditional.
- See . . . it's all because of what you did or didn't do!**
- Lev 19:18 Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbor as thyself.
- Eph 4:31,32 Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.
- Col 3:13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.
- Rom 12:17 Recompense to no man evil for evil. Provide things honest in the sight of all men.
- Rom 12:18,19 If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.
- 1 Peter 4:8 Above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.
- And no, I wasn't raised in a family which always found fault with each other.**