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EMPOWERMENT



Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific

**May 26th 2020: Resentment in Relationships:
The Endless Cost**

Resenting somebody isn't as simple as disliking them, or finding them annoying; it's a feeling that is actually related to the repetition of painful patterns relating to unaddressed difficulties. Yep, I know that may sound hideously complex, but it's a relatively simple concept once you unpack it. And you should take the time to unpack it — because the truth is that resenting your partner (even if you don't realize that you're doing it) isn't great for your love life. But there is a bright side: Your relationship isn't doomed if you realize that you've been feeling resentful; you can notice an

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