

How to Bring Up Resentment: Step-by-Step Checklist

Before You Start

- ☐ ☐ Choose a time when neither of you is rushed or tired
- ☐ ☐ Know which level you are carrying (1 through 4)
- ☐ ☐ Pick ONE specific thing to bring up, not the whole list
- ☐ ☐ Choose the script that matches your level
- ☐ ☐ Know your goal: breaking the silence, not resolving everything

What To Watch For

- ☐ ☐ Going too heavy too fast. Start at a lower level than you think you need.
- ☐ ☐ About to deliver the prepared speech. Say the first sentence and stop.
- ☐ ☐ Choosing a bad moment. Wait for space and calm.
- ☐ ☐ Starting to list everything at once. Stick to one thing.

What To Say

- ☐ ☐ Open with ownership language: "I have been carrying something..."
- ☐ ☐ Name the specific situation or pattern, not a verdict about her character
- ☐ ☐ State your feeling, not her behavior
- ☐ ☐ Stop after the first sentence and listen
- ☐ ☐ Use Script 5 if she shuts down or gets defensive

What Not To Do

- ☐ ☐ Do not say "you always" or "you never"
- ☐ ☐ Do not deliver the whole rehearsed speech
- ☐ ☐ Do not bring up more than one thing
- ☐ ☐ Do not keep pushing if she shuts down
- ☐ ☐ Do not start this conversation late at night or mid-argument

Repair Move

If the conversation goes sideways: "I can see this hit hard. That was not my intention. Can we try again, a little slower?"

Success Check

- ☐ ☐ You said the thing without attacking
- ☐ ☐ You picked one specific thing
- ☐ ☐ You used ownership language
- ☐ ☐ You stopped after the first sentence and listened
- ☐ ☐ If she got defensive, you used the repair script