

When Resentment Is Building and No One Is Saying It

Use this when politeness has replaced honesty and bitterness is quietly growing.

The Script

I want to talk about something that has been building inside me.

I am not angry in this moment, but I am starting to feel resentful.

I do not want that feeling to harden into distance between us.

I want us to look at what I have been carrying instead of letting it leak out sideways.

Important Reminders

- Resentment grows in silence
- Naming it early protects the relationship
- This is about honesty, not blame

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