

RESENTFUL

Synonyms: bitter, hostile, angry

You are unlikely to give a second chance. Although you don't necessarily carry a grudge, that person won't get another opportunity to hurt you.

A lingering sense that he has been taken advantage of in past situations causes him to feel resentful.

Angry, resentful feelings have been building up for a long time. When they finally burst out it probably will have little to do with the situation which acts as a catalyst.

Her resentment is like a festering sore, spilling poison onto all who come into contact with her.

She cannot let go of the past and, as a result, difficult experiences that have gone unresolved continue to cause her problems.

Your resentment seems to stem from a combination of unjust exploitation and punishment in the past by the people who held the power in your life. This resentment awakens anger and guilt, and the anger and guilt sustain the resentment. Holding on stubbornly to yesterday's hurts prevents you from living an untainted, autonomous life in the present.

Feeling exploited, the writer holds onto a grudge for a long time, which eventually turns into general resentment.