

STOP BEING BITTER

TIPS REPORT

TOP TIPS

You aren't going to coast through life without occasional feelings of anger and resentment. These feelings are completely natural, and for the most part, you will get over them with time. Sometimes though, those seeds culminate into something much longer-lasting: bitterness.

Bitterness can be problematic because it lasts for a long time and it eats away at you. It can even cloud your judgment. If your feelings of anger is prolonged and you feel bitter about something specific or life in general, use these tips to help you overcome them.

1. Recognize When Bitterness Becomes a Problem

It's natural to get angry but when does that anger turn into bitterness? If you find yourself consumed by these thoughts of anger, then you are likely dealing with bitterness. Figure out what your signs of bitterness are so that you can address those feelings when they start.

2. Ask Yourself Why

Ask yourself why you are so bitter. What event(s) led you to feel this way, and why can't you shake off those feelings? Sometimes when you get to the root cause of the issue, you might realize it wasn't that big of a deal in the first place.

3. Write it Down

Instead of just thinking about why you are bitter, write it down. Write down how you are feeling right now and then reflect on where it all began. Writing down your feelings is a great way to get them out of your head and to start actually facing them.

4. Confront The Source

If your bitterness is directed towards a certain person, maybe it is time to confront them. This doesn't have to be a heated conversation, though. Simply reach out to them and see if they are willing to talk. Sometimes a simple conversation is all you need to work through complex feelings.

5. Stop Telling The Story

We all need time to vent and telling "our story" is a great way to work through our feelings. However, if you find yourself constantly telling the same story of how you were wronged, then it might be time to take a break. Telling your story too much is less therapeutic and will solidify your bitterness.

6. Brainstorm Bitterness

Take some time to think about all of the ways your bitterness is holding you back. Are you avoiding spending time with certain people? Is it affecting your enjoyment of life? Do you avoid certain places and activities? Thinking long and hard about the negative effects of your bitterness may grant you the motivation to address it.

7. Talk to Someone

If your bitterness seems all-consuming and affects your enjoyment of life, you should reach out to a counsellor or coach. There is nothing wrong with speaking to a trained professional who has dealt with this issue repeatedly. If you aren't ready for professional help, reach out to a trusted loved one.

8. Focus on Yourself

Bitterness is almost always directed towards someone or something that happened. A great way to address it is focusing on yourself. Instead of stewing in anger, focus on improving yourself or doing more things that you like. You will find that your bitterness will subside when you focus on self-care.

9. Place a Value on Your Energy

How much do you value your time and energy? Are these negative thoughts worth holding onto if it saps your energy and wastes your time? Think about all the things you could be doing if you weren't so engaged in your bitterness? We have enough to deal with in life; we could do better by battling less with our own negative thoughts daily.

ACTIONABLE STEPS

1	2	3
<p>Write Down One Incident That Led to Your Bitterness:</p> <p>What is one incident that you know of that has caused you to feel bitter?</p>	<p>List How That Bitterness Has Affected You:</p> <p>How has that bitterness from that incident affect you?</p> <p>How has your life changed because of it?</p>	<p>Brainstorm Ways To Get Over It:</p> <p>What steps could you take to address this bitterness?</p> <p>Can you confront the original source? Can you let it go?</p>