

***D. Y. Bevzenko***

*research supervisor and language tutor:*

*N.V. Gut, Ph.D.(Philology), associate professor,*

*Pavlo Tychyna Uman State Pedagogical University*

## **OVERWHELMING FEELING OF RESENTMENT**

Feelings of resentment arise when painful emotions are experienced but not adequately or effectively expressed. Such feeling is mostly based on unsupportable expectations. The person is initially convinced that surrounding people must have the positive attitude to her/him. However, the reality sometimes is different. A person happens to suffer from a bad attitude and her/his point of view is often neglected. The reasons for this attitude may vary from inexperience or youth to inability to reveal the personality traits.

Excessive sensitivity is closely connected with self-confidence for some people have the belief they are always right. But there are some other points of view in the world and this may cause mental discomfort. Another reason is that very often people take offence when they are pointed to their bad character traits. Individuality can also be convinced that she/he plays an important role in the life of another person. But this person may hold a completely different perspective. This means that your personality is not as valuable for another person as you have expected. Other her/his friends are no worse, and some of them are even more amusing. When the real situation is understood, a person can be overwhelmed by feeling of frustration and resentment.

Feeling resentful can often become a pattern of behaviour. The insulting people are never said to follow logic and intellect. Their senses are the most important for them, and excessive sensitivity and vulnerability can transform into anger and revenge. Such people feel devalued and powerless without resentment.

Have you ever paid attention to the appearance of a very resentful person? The situation of resentment can cause some looks. The resentful look like five-year-old children who have just been taken their favourite toys away. We can see adults with pouted lips, miserable eyes, and unhappy face or tightly compressed lips and vindictive glance. The appearance can show the unwavering firmness to

revenge. Such persons do not look good and are not comfortable to communicate with. So, is it worth to feel negative emotions or be resentful when communicating with other people?

Anyway, one should have a certain degree of courage to accept people exactly what they are. Many of us exaggerate some characteristics of a particular person; see only her/his positive traits and chastity. We happen to expect the same attitude to ourselves. And if that person does not consider us worth of special attitude it is not the reason to be resentful and revengeful. We are not resentful when it rains or snows, when it is sleet or slush in the street. We take it for granted. The same should be done concerning other people around us.

It is well-known that people are always focused more on themselves than on others, so do not expect from them noble deeds that will pleasantly entertain your ambitions. The resentful must understand that people have both positive and negative traits of character. Before take offence think about yourself. Do you always justify themselves in anyone's expectations?

Every person is unique but not different from others in conveying her/his feelings. The resentful must learn to focus on what they most deeply appreciate, what they most want to build, and the value they most want to create in life. They should forgive people and not wait too much from them. They can begin to develop a powerful sense of self but not wait the world to change immediately. This is the most sensible way that helps to effectively deal with the unpleasant and depressing feeling like resentment.

### **Literature**

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