

The Cost of Holding On

Grudges are funny things.

At first, they can feel justified. Protective even. Like staying angry somehow proves what happened mattered.

And maybe it did matter.

Some people genuinely hurt us. Some let us down badly. Some never apologise. Some don't even seem to care.

But after a while, carrying resentment starts taking energy from the person holding it.

Not them.

You.

Here are five things that genuinely help.

1. Stop replaying it

The brain gets better at whatever it practises.

So if the mind keeps replaying the argument, betrayal or unfairness over and over, those feelings stay active too.

A lot of people do this without realising:

- replaying conversations in the shower
- imagining better comebacks
- retelling the story repeatedly
- mentally arguing with the person years later

At some point it helps to catch yourself and think:

“Ah. I’m feeding it again.”

That awareness alone can change quite a lot.

2. Remember it without re-entering it

There's a difference between knowing something happened and emotionally diving back into it every time you think about it.

One is memory.

The other is reliving it.

You can acknowledge something was painful without dragging it into every new day of your life.

That's not pretending it was okay.

It's just deciding it doesn't need to sit in the front seat forever.

3. Ask what the grudge is doing for you

This sounds odd, but grudges often serve a purpose.

Sometimes they act like armour.

Sometimes they create distance from people who hurt us.

Sometimes they give a sense of control or protection.

And sometimes anger feels easier than sadness.

If resentment has been hanging around for years, there's usually a reason.

Understanding that reason often helps more than trying to force forgiveness.

4. Stop waiting for the perfect apology

This one's hard.

Some people will never properly own what they did.

Some minimise it.
Some avoid it.
Some genuinely think they were right.

Waiting for another person to suddenly become deeply self-aware can keep people emotionally stuck for a very long time.

Closure is nice when it happens.

But a lot of healing comes from deciding:

“I don’t want my peace depending on them anymore.”

5. Put more energy into the present than the past

The mind naturally goes where attention goes.

If life becomes nothing but stress, frustration and old resentment, the brain keeps circling familiar emotional territory.

New experiences help loosen old emotional loops:

- seeing friends
- exercise
- learning something new
- laughing more
- getting outside
- having goals again
- feeling interested in life again

Bit by bit, the old thing stops feeling quite so emotionally loud.

Not overnight.

But gradually.

Final thought

Letting go of a grudge doesn’t mean becoming weak or pretending nothing happened.

It just means deciding an old hurt no longer deserves quite so much space in the present.

That takes practice.

Most worthwhile things do.

How Hypnotherapy Can Help

Hypnotherapy can also help people let go of grudges by calming some of the emotional charge the mind and body have attached to old experiences over time.

Many people find they are not just remembering past hurt, but repeatedly re-experiencing the tension, anger or frustration connected to it.

Hypnotherapy works with these deeper automatic patterns, helping people respond differently, feel less emotionally stuck, and stop replaying the same thoughts quite so intensely.

It is not about pretending difficult things never happened.

It is more about helping the nervous system stop carrying them quite so heavily every single day.

