

Invoice of Resentment

BILL TO:

My spouse / my friend / my kid / my boss

DATE:

The day you hurt me / the one I love

DESCRIPTION OF SERVICES OWED

- You should apologize exactly the way I want
- You must admit I was right
- You must feel how much you hurt me
- You must change and never do it again
- You must prove you love me enough to “make up for it”
- You must give me back the time, trust, or peace I lost

TOTAL BALANCE DUE:

Emotional repayment in full (with interest)

PAYMENT TERMS:

Until this bill is paid, I will:

- Pull away from you
- Withhold warmth or kindness
- Replay the story in my mind /Feel justified in my distance

NOTE (Fine Print):

- I will stay away and keep you at arm's length.
- I will silently punish you by acting cold or detached.
- I will remind myself of your offense whenever I see you.
- I will retell the story to others so they know you're "in debt."
- I will measure all your future efforts against this unpaid bill.
- I will protect myself by refusing full closeness.
- I will not release you — until you pay.