



As fun as it is to plot revenge, stewing over how somebody else wronged you—especially when there’s nothing you can do about it—will only make YOU feel more angry and bitter. And what good does that do you; aren’t you angry and bitter enough already? Sometimes you just need to freaking let it go.

What’s something you’ve been holding on to for too long? What do you need to do to get the f*ck over it?
