

Welcome to *How to Hold a Grudge*. I'm Sophie Hannah, bestselling crime writer, creator and host of this podcast, and author of the world's first ever book on the specific subject of grudges. Many of us believe it's always wrong and bad for us to hold a grudge – but what if our grudges, when handled correctly, can be positively good for us, and for others? What if grudges are actually great: not a cause for guilt, but exactly what we need to lead a happier, safer, more fulfilled life? If you're intrigued and want to know more, you can listen to a new episode of this podcast every Thursday between now and 27 December. Join me and guests to find out how to use grudges to transform your life for the better, and to make the world a more peaceful and compassionate place.

And now ... Episode Four: Grudge Types – The Common and the Rare.

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When I was writing my book, *How to Hold a Grudge*, I needed a way of classifying grudges. How many different kinds were there? How should they be arranged? I asked my husband what he thought and he said, 'Well, you could have grudges about people, and then you could have grudges about places...' and as he was saying this, I said, 'Ooh!'

I interrupted him, as I occasionally do, and I said, 'No, no. actually, I've just realised how I want to classify grudges. I want to classify them by sort of psychological theme. So, each name that I assign to a different type of grudge, I want it to sort of clarify the crucial gist of what that grudge is about.'

So, rather than saying, 'grudges against places, grudges against people,' that doesn't actually tell you much about the specific kind of grudge. And I wanted my grudge classifications to have names that were more informative. So, what is the key psychological characteristic or defining gist of that particular type of grudge?

Now, I soon realised once I started thinking about individual grudges, my collection of grudges, other people's grudge stories – and I started going through and thinking, 'What type is this? What type is this?' – there were just so many different kinds. I could have come up with a list of probably 200 different grudge types. But that would have made the chapter in the book about the different kinds of grudges way too long, so what I decided to do was only put some of them in the book and talk about others on this podcast, in

this season and in future seasons, and just generally to have my grudge classification list as something that could get longer and longer.

So, in a previous episode of this podcast, I've already talked about a new grudge type that I've identified, the Selective Communication Grudge. And I'm thinking of new ones all the time. Basically, every time I hear or create a new grudge story, I look at it and I think, 'Does this fit into any of the types that I've already identified?' Most of them do, because I've identified over a hundred, but some of them don't. The Selective Communication Grudge felt like it needed a classification all of its own.

So that's really interesting. And if any of you have listened to the podcast and after this episode, once you've heard all the different types that I'm going to tell you about today, and if you've read the book and seen all the grudge types listed in there, if you can think of any other grudge types, and you'd like to suggest a name for that particular subspecies of grudge, then do let me know. You can always email me at [sophie@sophiehannah.com](mailto:sophie@sophiehannah.com).

Okay, so, of the grudge types that I managed to identify, there are common ones – very self-explanatory, as soon as you hear the name you'll pretty much know what it is. There are also much more unusual grudge types. I'm now going to tell you about a few of them.

So, common grudge types. The first one I've got in the book is Unprovoked Attack Grudges. Probably most of you have been on the receiving end of this. You're minding your own business, doing nothing at all wrong, and somebody will come along and just have a massive go at you when you've done literally nothing wrong. An example of this from my life – and this isn't in the book – is that I was once putting some moisturiser on my legs. So, I'd been on holiday, I'd got very, very sunburnt (not burnt actually, tanned, but, you know, I'd had a big dose of sun), and so my skin was quite peeley and especially on my calves the skin was quite dry and starting to peel.

So, I got myself some moisturiser, and one day I was just putting this moisturiser on my legs in order to, you know, make the skin less likely to peel off, and while I was doing this somebody happened to walk into the room who wanted to say something to me. And he started talking, and then he kind of did a double-take and stopped when he saw that I was putting moisturiser on my leg. And he scowled at me in complete and utter disgust and stormed out of the room.

So, this was all most mysterious. I then went and looked for where he'd disappeared to. And when I found him, I said, 'You came in to say something to me and then you seemed to just go out again. What's going on?' And he basically revealed that, having seen me putting moisturiser on my legs, he decided that that was such a shallow and trivial thing to do that if I was interested in moisturising my legs then I obviously wasn't, you know, thinking about the serious thing that he thought I ought to be thinking about. And he was just so disgusted to see that my priority in that moment in time was moisturising my legs that he just decided he didn't want to speak to me because he was so cross. You know, if I had proper priorities I would not have been moisturising my legs at that moment. *[laughs]*

So, okay. That, to me, is an unprovoked attack. There's absolutely no reason why I shouldn't be putting moisturiser on my legs, especially if they're all dry and the skin's peeling off. And so, the explanation that I – to be fair – asked for... I said, you know, 'Why did you storm out of the room? What's wrong?' But he then went into this long spiel about how, you know, why was I wasting my time on trivial things like moisturising my legs and couldn't I see that this showed that my values and priorities were all screwed up? And he just had a massive go at me. So, I, ever since then, have had an Unprovoked Attack Grudge about him, and that grudge protects me from potential harm and shock and upset because I now know that this is somebody who could fly off the handle in the face of no provocation whatsoever and decide to yell at me for an hour because I've done something as harmless and innocent as put some moisturiser on my legs. So, that is an Unprovoked Attack Grudge.

The second type that I identified was the Unreasonable Imposition Grudge, which is also known as the Attempted Time Theft Grudge. Now, this is a common one, actually, for me, because quite often, say if I agree to do an event (I do a lot of book events at festivals and travel a lot to various festivals and performances) and so, often, I will arrive somewhere for an event at, say, seven o'clock. And I will arrive at, say, two o'clock because I want to settle in and unpack and have something to eat, have a rest, whatever – and when I arrive, I will discover that whoever is organising my event, wherever it is, has just put something in my schedule without asking me or telling me about it, and then will be very offended if I don't do it.

So, really, really frequently, less frequently now that I make an effort to say in advance, 'Please don't put anything in my schedule without checking that I can do it and want to do it,' but before I started specifying that, what would often happen would be that I would arrive, say, to do a reading at a festival at seven

o'clock. I would arrive at two o'clock and in my hotel, there would be a letter waiting for me, saying, 'The organisers are going to collect you at three o'clock and take you for a two-hour tour of a local butterfly farm.' And, I would think, 'Okay, well this is lovely and clearly they mean well, but it's not okay to just assume that I will even be available or keen to spend those two hours which no one has given me any reason to think aren't *my* two hours to fill as I wish, looking round a butterfly farm. So, that is an Unreasonable Imposition Grudge, AKA Attempted Time Theft Grudge.

And I think those two types – Unprovoked Attack and Unreasonable Imposition – are very common grudge types. Betrayal of Trust Grudge/Dishonesty Grudge – that's really common. Someone who you trusted lies to you or betrays you; you don't trust them again. Hypocrisy Grudge – this is a really common one. If, say, you're a sixteen-year-old, and your dad gives you a massive bollocking for smoking a spliff with your friends and then, later that night, you find him smoking a spliff with his friends, you might hold a hypocrisy grudge about that.

One I've got here which I don't know how common it is, but I suspect it's quite common... the Badly Judged Joke Grudge. So, sometimes, someone will make a joke and they think they're just making a harmless joke, but you will think, 'Hmm. There was a sting in that joke. It was actually an insult veiled as a joke.' And you might hold a grudge about that.

One of things I did when I was researching my book was I said to people on social media, 'Can you remember a time when someone used an adjective about you that, although they didn't mean any harm and didn't mean to insult you, you took offense to having that adjective used of you and you've, you know, had a bit of a grudge about it ever since?'

What made me ask that question was that someone had told me on Twitter that I was 'scary,' and I didn't think I *was* scary. I don't think I am scary; I've spent most of my life not willing to raise *any* problem or contentious issue and not daring to criticise anybody, so I'm incredibly diplomatic. I mean, I'm less diplomatic when I'm talking about all my grudges but until I wrote this book I was incredibly diplomatic pretty much all the time, never reacting angrily, never losing my temper, never slagging anyone off, just always being very emollient – so I didn't like the fact that this person thought I was scary. And I thought, 'Even if they think that, why are they being so rude as to say that to me?' So, I immediately had a grudge about that, and I thought, 'Other people will have had this. Other people will have adjectives used about them.'

So, that gave rise to this new category, Adjectival Grudges. And people sent me absolutely loads. It turns out it's a really common thing for someone to have Adjectival Grudges. One person told me that in a review of a theatre production that she took part in, the reviewer for a major newspaper wrote that she was very talented but described her as a 'stocky brunette', and she's always had a grudge about that because she hated being referred to as 'stocky'. Someone else reported that he'd been referred to as a 'neat little man,' which description he did not like, so he's always had a grudge about that. That is Adjectival Grudges.

And Badly-Judged Joke Grudges. I've got quite a few of these. The biggest one is when somebody who knew I was expected round at their house... I knocked on the door, they opened the door, and said, 'Not today, thank you!' and slammed the door in my face. But it was completely a joke and it wasn't meant with any sort of harmful intentions, and a few seconds later they opened the door and said, 'Ha, ha! Come in.' But I just have not been able to think or feel the same about that person since they did that. I have just always thought, 'That's someone who slammed a door in my face when they didn't need to.' And that thought has not gone away and I don't particularly want it to go away. I want to remember that that person did that thing.

Other common grudge types... Underestimation Grudge. You know, if there's a beautiful painting on the wall and you say to a visitor, 'I actually painted that. That's my painting,' and they go, 'Really? Are you sure? I'm pretty sure you couldn't paint something as good as that,' you might well have an Underestimation Grudge because why – why should they assume that you couldn't do something as good as that?

Boundary Violation Grudge. This is really, really common. I have a Boundary Violation Grudge about a holiday lettings company that, without permission, let itself into my house, rearranged all my possessions, and started doing things like putting its branded toiletries in my bathrooms and writing, you know, things on the labels of my duvets – like, writing my address on the label of my duvets – and attaching their branded keyring to the keys in my key safe.

Now, the reason the holiday company was able to do this is because I'd been thinking of letting my house out with them, and so I had given them the code to my key safe so that they could get in and just have a look at the house and assess it, in case we were gonna proceed with this deal. But I hadn't signed a contract, I hadn't definitely decided, and basically there was no reason for them to assume that we were definitely going ahead with this plan. So they

had absolutely no right to change everything around in my house, hide most of my possessions so that I couldn't find them, and write their own sort of reference codes on my duvets. So, that is a sort of classic really extreme case of a Boundary Violation Grudge.

Ingratitude Grudge – that's when somebody really ought to be grateful to you and demonstrates a complete lack of gratitude.

Political Grudges are really, really common, and I got several examples of these. So, somebody who's a vegetarian sent me a grudge against all meat eaters. This person believes that meat eaters are deliberately ignoring the ethical and environmental impact of consuming animal products, and they have a grudge against everyone who does. Somebody else has a grudge against the UK government who in her opinion penalise disabled people by cutting their benefits.

Someone else has a massive grudge against someone she knows who is still a member of the UK Labour Party, even though she – the person who sent in the grudge – believes that the UK Labour Party is now in the control of terrorist-supporting Stalinist. And so, she considers this acquaintance of hers to be actively colluding with evil, and has a grudge about it. Someone – a British person who is originally from America and whose family still live in America – has a grudge about members of her family who support and voted for Donald Trump. Loads of political grudges all over the place.

Threat Grudge – if somebody threatens you with violence, with some negative consequence or effect. Well, you're likely to have a grudge if you've been threatened in an unpleasant way.

A really common grudge type is the Selfie Grudge, and that's the grudge you hold about yourself – about something you did, where you are your own grudgee. Selfie Grudges tend to be more powerful than other kinds, because we're actually even worse at letting ourselves off the hook and forgiving ourselves than we are at letting other people off the hook. So, a Selfie Grudge is what you might hold when you do something either wrong or stupid or that you deeply regret, and every time you think about it you just think, 'Why did I do that? I just – I can't – I can't really move on from the fact that I did that thing.' Or, if you want to put it in more sort of positive terms, which I obviously do because I think grudges can be and should be good for us, the Selfie Grudges that I have, I use to remind myself and inspire myself to behave better in future.

So, one of my Selfie Grudges – and the one that I put in my book – is about a holiday that I went on with friends to Amsterdam. And they all wanted to go and see the Anne Frank house, and I didn't want to do that, because on holiday I generally don't want to do anything apart from sit by a swimming pool and read a book. In Amsterdam, I also wanted to look at some art galleries, but I generally don't go and see sort of upsetting historical things. In fact, I never do. Given a free choice, I just wouldn't choose to do that. And yet I knew that the people I was on holiday with would take offense if I said, 'I'm not gonna do this bit, I'll meet you later,' because they were very much into us all doing everything together. And they would have taken it as almost disloyalty and killjoyishness if I had opted out of any part of the agreed schedule for the holiday.

So, I have a Selfie Grudge about my behaviour. Nothing to do with them. I should have just had the gumption to say, 'I don't want to do this activity, and so I'm not gonna do it,' and I shouldn't have been too scared to say that, because it's not actually that scary a thing to say. It's perfectly reasonable. And my friends would have sulked a bit, but I should have been willing to let that happen.

Abandonment Grudge. So, I've got two examples of this in my book. One of them is a serious example, and a very upsetting example of somebody whose family moved away and didn't tell them. So, this person got back from school and found all their possessions packed in bags outside the door, and their entire family gone, having abandoned them. But there are much less distressing examples of an Abandonment Grudge that are possible.

Sometimes, if you're having a conversation with someone by email and they just at a certain point leave the conversation and don't reply, so that they've abandoned a conversation... And I've had this happen recently. I was involved in a work project with somebody, and we were making plans about the project, and I sent an email raising a few new points and asking a couple of questions, and I just didn't get a reply. Not that week, not the next week, not the week after, just, like, never. *[laughs]*

So, eventually, I concluded that the person involved just didn't want to do the project any more. Because, you know, they're still alive and well and regularly tweeting and, you know, they're still out there doing their thing. They obviously for whatever reason didn't want to pursue the project that we were jointly

involved in, and they chose not to write to me and say, 'Actually, I've had second thoughts, I'd rather not do this.'

And so, you know, that's obviously fine. I'm quite happy either way, doing the project with them or not doing the project with them, but I do have an Abandonment Grudge because they just abandoned that dialogue. And all that means is that, you know, if I bumped into them, or if they suddenly emailed me about something else, I would be perfectly friendly and I – you know – I don't dislike them, I'm not angry with them, but I wouldn't make plans to work with them again, just because I prefer to make plans to work with people who will always pursue a dialogue and if they change their mind about something will just say, 'Actually, I've changed my mind about that thing.'

Injustice Grudge – another very common type when something really unfair has happened and we think it's someone's fault.

Rudeness Grudge, also known as Negligent Tactlessness Grudge. So, sometimes you can't tell if it's rudeness or if it's negligent tactlessness. You can't tell the level of deliberateness, but if someone is very rude to you, or if they say something so tactless that it constitutes rudeness, then that can be a powerful grudge type.

Assuming the Worst Grudge. So, sometimes, you do something perfectly innocently and with no bad intentions, and somebody observing that or on the receiving end of that action of yours has a choice of either deciding that you meant to do them harm or cause trouble, or deciding that you didn't mean any harm and that you were acting in good faith, and that, you know, any harm that they've sustained was not your deliberate intention. Your motives were good. They might have been bad, they might have been good. They were in fact good. If someone decides, when there are other options available, to think and assume the worst about you, then you might hold an Assuming the Worst Grudge about them.

So, those are some really common grudge types, and then there are also some quite unusual types which I'm not sure many people would think of if they were asked to list kinds of grudges. But actually, if you think about these types, you might find that you have some of these too.

So, one of them is the Right Thing, Too Late Grudge. So, the example of this that I use in the book is, let's say you've got a colleague who regularly heats up fish in the office microwave, and in doing so stinks out the whole office. And

you have a word with your colleague and say, 'Please don't do this. We really don't want to sit with the smell of fish wafting around our heads.' And the colleague says, 'Tough! I like my lunchtime fish and I'm going to continue to heat it up and eat it.'

Then, several months later – several more months of fishy smells in the office – a new employee joins the company, and the fish-heating colleague falls in love with this new employee. And a week later, when *she* says to him, 'Please could you not heat up fish in the office microwave because it causes a horrible smell?' he immediately sees her point and says, 'Of course. How inconsiderate of me,' stops heating up the fishy lunches ... Well, you've got the result that you want. He has seen reason, done the right thing – but he didn't do the right thing for you because he doesn't care about you, and he only cares that this new person doesn't like the fishy smell because he happens to be in love with her. So, in that situation, you might hold a Right Thing, Too Late Grudge.

And sometimes we can hold a bigger grudge if someone does the right thing too late in some way than we would hold if they didn't do the right thing at all. Because it can be even worse. If you think to yourself, 'So, that person *is* capable of seeing that point. That person *is* capable of changing their behaviour for the better. But they did it at the wrong time – they did it when it was too late to benefit me, perhaps, or they did it at a time when someone else asked them to who was more important to them than me.' Often the right thing done too late can feel like a new insult in itself after the initial wrong thing.

So that, I think, is a quite unusual kind of grudge. Another unusual kind of grudge: the Light-making Confession Grudge, which is where you confess to something years later as though it's all hilarious now and it doesn't matter and it's not that big a deal... because if it was that big a deal, and if it did matter, you wouldn't be making light of it and you clearly are ... but actually what you're confessing to is something really quite bad.

So, you know, if you said, 'Ha, ha! I can probably tell you now after all these years, but, you know, it was *me* who murdered your sister!' you're gonna hold a massive grudge about that. Because they are referring to this as though it's all in the past and we can laugh about it now, when it's actually a serious transgression and even after all these years you don't think it should be made light of.

Another unusual grudge type is the Relative Harms Obliviousness Grudge. That's a bit of a mouthful. This is the grudge you hold where someone has done something wrong, and someone else in response to that wrong thing does something much more nasty and wrong. So, for example, if you're son steals a Mars bar from the newsagent – so that's something that he's done wrong – and the newsagent then responds by locking him in the cellar for a month, depriving him of food and water, and, you know, playing him constant loud music so that he can't sleep, that is a newsagent who has failed to do a proper relative harms accounting process.

If you respond to a wrong done by doing something much, much wronger than that original wrong, then I might hold a Relative Harms Obliviousness Grudge about that.

Another one – this is actually one of the most interesting grudge types to me, anyway – the Misunderstanding of Loyalty Grudge. I have a few of these. So, I'll give you an example. I was once planning to do a book event in Letchworth. And about a week before this event, I got a phone call from a friend of mine, and this friend said, 'Just wanted to ask you, because I've noticed you're doing an event in Letchworth, what will you do if Leslie turns up at your event? Because Leslie lives in Letchworth.'

Now, Leslie was a mutual friend of mine and of the person who rang me, and the person who rang me had fallen out with Leslie. They were not speaking. And he thought Leslie was a thoroughly bad thing and had done something wrong to him. He had a big grudge about Leslie. I didn't have any grudge about Leslie at all. I thought Leslie was lovely, and I didn't even fully know or understand the situation between him and Leslie. All I knew was that something had gone wrong and they weren't speaking.

So, I was quite surprised to be asked, what would I do if Leslie came to my event in Letchworth? And I said, 'Well, what do you mean, what would I do? I'd say, "Hi Leslie, how are you?"' and that was the wrong answer, so I asked ... I could tell from the response that I'd said something that was very much regarded as the wrong thing. So, I said, 'Well, what should I have said? What would you want me to do if Leslie turns up at my event?' to which the caller said, 'Well, I want you to do some version of snubbing Leslie, telling her to get lost, ignoring her, not being friendly, not saying, "Hello, how are you, Leslie? What have you been up to?"' And it soon became clear that what he wanted was basically for me to be unpleasant and unfriendly and kind of ostracise

Leslie because he had decided not to be friends with Leslie any more, or because he had in his opinion been treated badly by Leslie.

Now, I didn't really understand that situation. I suspected, you know... insofar as I had any thoughts about the him and Leslie situation, I thought maybe he had done something to upset or offend Leslie because he was a quite difficult person and Leslie as far as I knew, and as far as I know, was a very nice, charming, polite person, not a trouble-making type. So, although I didn't know what had gone on, if you'd asked me to guess whose fault it might have been, I probably wouldn't have guessed that it was Leslie's fault. And in any case, none of this was anything to do with me, and so I would have been friendly to Leslie if she'd turned up in Letchworth, which she didn't. But I was equally friendly to him – the caller – because, you know, I had no personal reason to be unfriendly to either of them and the situation didn't involve me.

But when I tried to explain this, I was basically accused of massive disloyalty. And so, I was the grudgee of the disloyalty grudge. But I was the grudge-holder of a Misunderstanding of Loyalty Grudge. I hope that makes sense to everyone. From my point of view, it's not disloyal to be friendly to somebody that another friend of yours has decided to be unfriendly to. And so, if someone thinks that because they don't like someone and they've cut someone out of their life, that that means if you're loyal to them you have to do the same, unquestioningly and without even knowing what's going on, that is, in my opinion, a serious misunderstanding of what the word 'loyalty' means. And that has happened to me a few times, actually, where somebody has indicated to me or even directly said that in their opinion my loyalty to them ought to mean that I should be horrible to somebody else. So, I have Misunderstanding of Loyalty Grudges about anyone who's ever done that to me.

Right. Now, this one is a really weird kind of unusual grudge. The Self-Aggrandising Moral Agency Appropriation Grudge. *[laughs]* I don't even know if I'm gonna be able to explain this one properly. So, one time, I was trying to tell a secret to somebody. I was trying to tell them a story and it was a story that I wanted to remain secret, and in this story, I was behaving a bit badly. I was breaking a rule, and the reason I wanted the story to remain secret was because I didn't want to reveal that I'd broken this rule. And the person I told the story to came over all kind of moral highgroundish and said, 'Please don't tell me this story. If you've broken that rule, and you shouldn't have done that, then I don't want to hear about it, because that makes me complicit in your rule-breaking.'

And I had a sizeable grudge about that. Because, actually, this person could have listened to my story about the rule that I broke, and it's nothing to do with them morally. They haven't done anything wrong by a long... I mean, get this in context here. The rule that I broke was not a law. I didn't do a terrible thing. It's at the level of kind of minor rebelliousness. And certainly, nobody would have thought that by listening to my story which was a funny story about this rebellious thing I'd done, that it would in any way morally implicate the listener. And yet, this person chose to refuse to hear this story, because they would be so morally tainted by hearing it and then they would be complicit.

And the grudge is really about them putting themselves as a kind of moral protagonist in what was really a story about ... in which I was the moral protagonist. And, okay, maybe I was a flawed moral protagonist who did a naughty thing. But by making it about *their* morality and indirectly criticising mine, that, I felt, was just kind of a bit self-aggrandising. It was nothing to do with their morality. So, it felt a bit egotistical. So, that is what I mean by the Self-Aggrandising Moral Agency Appropriation Grudge. I think we should be able to listen to stories about things our friends have done – good, bad, moral, immoral – and just listen and discuss it and not think that we are the main moral actors, suddenly, just because we've listened to that story.

And I'm gonna finish this episode with one last quite unusual grudge type, and that is the Inappropriate Warning Grudge. So, if you need to warn somebody about something because they really need that warning – let's say they're walking along the street and a giant hippopotamus is falling out of a two-hundred floor window, and you know that if you don't warn them to get out of the way than they will be crushed to death by the falling hippopotamus – then obviously you warn them.

But it's amazing how often people warn us about things which are not likely dangers. And often in those kinds of situations, the warning itself becomes the only bad thing that that person suffers. So, you know, if you're sitting in your living room having a nice glass of wine, and your friend says to you, 'Shouldn't you go up and check the children are okay?' and you say, 'No, I don't think so. I put them to bed an hour ago. They were fine then. We're all sitting in a perfectly safe suburban house in Basingstoke. I've no reason to think they're not fine. I've got the baby monitor on. I'm just gonna stay here drinking my wine.' If your friend then responds by saying, 'Well... I would go and check if I were you because, you never know, somebody could have climbed in through a window, strangled them, and, you know, done other horrific things, you know.'

That can happen if you don't check on your children regularly after they've gone to bed.'

Now, 99.9% chance is that that will not have happened. That almost definitely hasn't happened. And so to warn you that that thing might happen is actually just putting a horrific scenario into your mind that otherwise wouldn't have been there. And this has happened to me quite a lot, which is why I regard it as a grudge category worth identifying.

I will never forget the time when somebody, on hearing that my husband and I were both flying on the same day – I was flying to Ireland, my husband was flying to Italy, we just happened both to be flying to different places on the same day – and this acquaintance of mine said, 'How can you do that? That's so irresponsible. If both your planes crash, then your children will be left orphaned.'

And I was just absolutely astonished by this. I said, 'Yeah, but that's so unlikely to happen. It's really unlikely that either of our planes will crash, but the idea that they will both crash is so unlikely that I don't think I need to take any action because of it.' And then this person started ... they wouldn't accept that they were being crazy. They just kept saying, you know, 'I *warn* you. You know, you don't want to take the risk of your children having no parent when you could easily just decide not to fly. You know, I'd really advise you to be more cautious about traveling on the same day.'

So, they thought they were warning me for my own good and for the good of my children. But I held a large Inappropriate Warning Grudge about them, because actually all they'd done was not improve the situation, not really help me (because, you know, I don't need to think about things that are so unlikely to happen). All they'd done is plant a really horrible scenario of my children being orphaned in my mind.

So, those are my unusual grudge types. If you can think of any more – any more unusual ones, any ones that I probably haven't thought of – please do send them along.

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That's all for this week. Thanks for listening. Please write a review if you'd like to share your thoughts. I won't hold a grudge if you don't because that would be an *invalid grudge*.

If you have a grudge which you'd like me to analyse in the next season of this podcast, please email me – I'm [sophie@sophiehannah.com](mailto:sophie@sophiehannah.com) – or tweet me at @grudgesaregreat. Remember, just because I'm currently the only person attempting to be a grudge guru, that doesn't mean I've thought of everything. I'd love to hear your ideas.

If you want to read all of my grudge-related wisdom, as well as my personal top ten grudge stories, all of that is in my book, *How to Hold a Grudge: From Resentment to Contentment – The Power of Grudges to Transform Your Life*.

Thanks again for listening, and I'll talk to you next week, when we'll be looking at how grudges can make us more forgiving. See you then.