

Coping with Jealousy

What is your personal definition of jealousy?

The dictionary definition of being **jealous** is “hostile toward a rival or one believed to enjoy an advantage” (Merriam-Webster).

Consider the last time you felt jealous. What triggered it? For example, maybe you saw someone flirting with your partner. Write about what happened:

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What were some of the **thoughts** you were having?

What were some of the **feelings** you were having?

Did anything happen as a result of your jealousy (i.e., you fought with your partner, went through their phone, flirted with a stranger, etc.)?

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Is jealousy always a negative or harmful emotion? Why or why not?

How can you tell if/when your jealousy is harmful?

Here are a few coping strategies for when your jealousy is getting out of hand:

- Repeat positive affirmations to yourself
- Remind yourself of your unique talents, skills, accomplishments, virtues, etc.
- Think about some of the good things you have that the person you're jealous of doesn't
- Try practicing compassion and empathy for the person you're jealous of.

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Ask a trusted person or friend how they handle jealousy and then summarize their answer below:

List any other ideas/strategies you have for managing jealousy:

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Jealousy is a normal, fairly common human emotion, but if your jealousy is excessive (i.e., intrusive, obsessive, intensely painful, leads to consequences, etc.), it may be an underlying symptom of something else, such as low self-esteem, depression, emotion dysregulation, a lack of satisfaction in your relationships or life in general, etc.

If your jealousy is controlling you instead of you controlling it, consider seeing a counselor or other mental health professional.

