

When Jealousy Shows Up

Look at the jealous feeling without acting on it, and find what it points at.

WHEN TO USE THIS

Use this after a moment when jealousy took over more than you wanted it to.

What set it off? Just the facts of the moment.

How strong was it at its worst?

0	1	2	3	4	5	6	7	8	9	10
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A twinge

Took over everything

What is underneath it?

Fear of losing someone? Feeling left out? Comparing?

What you wanted to do, and what would actually help.

WHAT I WANTED TO DO

WHAT WOULD ACTUALLY HELP

What is one thing you could say to the person, calmly?

Jealousy is loud, and it is usually pointing at something quieter.