Overcoming Jealousy

Jealousy is a Three Person Situation

- Person
- Situation
- Person

Desire to Hold onto What You Already Have

- Being Abandoned
- Being Rejected
- Loss
- Broken Trust
- Fear of Lack of Self Worth
- Confidence
- Feelings of Inadequacy
- Insecurity
- Scarcity Mentality
- There is not enough to go around...

Reaction to Threat of Losing Something to Another Person

Stems From Your Feelings

- Betrayed
- Insecure
- Unworthy
- Scared
- Angry

Acknowledge Your Feelings

- What exactly am I feeling?
- Why am I feeling these things?
- What's the underlying emotion?

Acknowledge Your Predicament

- What is making me feel jealous?
- What's the nature of the situation?
- What person or people are involved?
- What story am I telling myself about this?

Can Ruin Friendships / Relationships

Can't Acts of Vengeance

- Anger
- Resentment
- Outrage
- Betrayal of Sense
- Possessive Thoughts

Process

1. Immediately Step Back From Situation to Calm Yourself Avoid Overreacting
   - As far as I know the situation is still unclear.
   - Things might not be as they appear to be.
   - I cannot jump to conclusions.
2. Question Your Beliefs
   - Why?
   - What do I believe is happening?
   - Where do these beliefs come from?
   - Do these beliefs make any sense?
   - Where's the evidence for these beliefs?
3. Perspective Situation or Expectations
   - Why exactly am I feeling this way?
   - What assumptions am I making?
   - What evidence supports these feelings?
   - What evidence contradicts these feelings?
   - Am I possibly jumping to conclusions?
   - Does it make sense to feel this way?
   - How would others view my predicament?
   - Am I thinking about this rationally?
   - What do I expect in this situation?
   - What do I expect from this other person?
   - Are my expectations reasonable and realistic?
4. Tell Different Story
   - What's a better way to interpret this situation?
   - How would I ideally like to feel about this?
   - What's a better story to tell myself about this?
5. Communicate How You're Perceiving Your Feelings Honestly Openly to Other Person
   - I admit I'm feeling a little insecure...
6. Choose to Trust Then Refocus on Yourself Your Own Life Goals Interests
   - I'll just let things go...
   - Never Hold onto Helpful Expectations
     - I expect this person has good intentions.
     - I give them the benefit of the doubt.
     - I trust them until proven otherwise.
   - Take Anything for Granted

Guidelines

- Always Cultivate an Open Mind, Empathy, Compassion, Gratitude
- Avoid Making Sarcastic Comments, Unfounded Accusations, Obsessive Blaming Indulging in Thoughts About Person
- Spend Time Expanding Your Horizons Through Trying New Things, Meeting People, Different
  - Focusing on Yourself (EG Passions, Interests, Career)
  - Working on Improving Self Image
  - Building on Positive
- You Have What Appreciating

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