

Introduction to

# Overcoming Jealousy



# Introduction to Overcoming Jealousy

## TABLE OF CONTENTS

Introduction to Overcoming Jealousy .....	
Chapter 1.....	
What is Jealousy?.....	
Loss Related Jealousy .....	
Losing a Friend .....	
Loss of Romantic Relationships .....	
Loss of a Loved One who Has Died .....	
Cheating and Betrayal.....	
Chapter 2.....	
Why People Feel Jealousy .....	
Lack of Satisfaction .....	
Understanding Rage .....	
Understanding Trust.....	
Understanding Self Esteem.....	
Chapter 3.....	
Entitlement and Reality .....	
Understanding Reality .....	
Chapter 4.....	
The Consequences of Jealousy.....	
chapter 5.....	
Techniques for Overcoming Jealousy .....	
Facing Reality.....	
Positive Thinking .....	
Understanding Comparison.....	
Acceptance.....	
Elimination.....	
When your Partner Has done Nothing to Warrant Jealousy .....	
When your Partner Has Betrayed You .....	
Conclusion.....	
Appendix 1.....	
Appendix 2.....	
Appendix 3.....	
Appendix 4.....	
Appendix 5.....	
Appendix 6.....	

## INTRODUCTION TO OVERCOMING JEALOUSY

Jealousy is certainly nothing new to human nature but it has the potential to destroy relationships and make you miserable. Learning to understand what jealousy is, why you feel it and how to overcome it is essential. Whether you feel jealousy toward a co-worker or you experience romantic jealousy, it can be a dangerous emotion. While it may seem as though there is no way out, there are some techniques that you can use to avoid drowning within the depths of jealousy.

Jealousy can easily turn you into a person that you probably do not wish to be. Friends and family may begin to avoid you and there is little doubt that jealousy can cause your love life to suffer. While you may feel awful, you may also feel helpless to end the jealousy you experience.

Jealousy can be a tremendous burden and weight to carry around. It can easily overcome your life. Once you learn how to get rid of jealousy and get your emotions in check, you will be able to take back control of your life. Jealousy is something that everyone has experienced from time to time, even though you may not have ever admitted it to anyone else. It can be embarrassing, but now is the time to get the help you need and learn how to overcome jealousy once and for all.

In this guide, you will learn to understand how to effectively identify jealousy so that you can recognize it when it rears its ugly head. You will also learn about the different types of jealousy and how they can impact the various relationships in your life, including romantic and professional relationships. Additionally, you will learn techniques that you can use to overcome jealousy once and for all.

If you allow it, jealousy can easily take over and ruin your life. It does not have to be this way.

Are you ready to put jealousy behind you?

Let's get started!

## CHAPTER 1

## What is Jealousy?

---

Before we can begin to understand why we experience jealousy, it is important to first understand what it is that can make you jealous. If there was only one thing that ever made someone jealous in life, it would be relatively easy to determine the basis of jealousy, but that is not the case. It is critical to determine what it is that makes you jealous so that you can understand why you feel jealous.

When you experience jealousy, you most likely feel awful. Your entire life can feel as though it is falling down around you. Without a clear understanding of what is going on, it can be easy for every aspect of your life to be affected by the jealousy you feel. Jealousy can truly be a frightening experience. After you have learned what it is that makes you feel jealous, you will then be better equipped to understand why. That will give you the ability to relate it to other situations, so that you will be better prepared in the future to recognize potential problems before they become full fledged jealousy.

One of the most common reasons why people experience jealousy is related to material possessions. This can oftentimes be the root of jealousy in many instances. Feeling satisfied can often relate to material possessions and jealousy. Money can also relate to this type of jealousy. It is commonly human nature to assume that the more money an individual has, the more powerful they also are. Of course, this may not always be the case, but when you are an outsider looking into a situation, it can be easy to think that the person who has a lot of money also has a happy life. Whenever you see that someone has a new car, luxury home, designer clothing and other material items, it is fairly common to experience jealousy when you see that someone else has everything that you want but do not have the means to acquire.

This can create a feeling of inadequacy that may make you feel as though you do not measure up in any areas of your life. It is only natural for someone to want all of the good things in life and to feel bad when you see that someone else has them. These are the same feelings that you may have experienced as a child when a friend received a toy you wanted but did not have. This material possession form of jealousy is common in childhood and can easily remain with us throughout our entire lives. It does not matter whether you are five years old or fifty years old, this type of jealousy can still strike.

This type of jealousy can easily make you feel awful and it is fairly common to not be certain how to handle it.

Along the same lines, you may experience jealousy because of the way someone else looks. You may feel as though your looks do not measure up to that of someone else you know and that as a result, you are not as worthy. This is an extremely common form of jealousy and it is one that drives people to go on diets and have cosmetic surgery in an effort to try to change the way they look. The problem is that this can become obsessive behavior in which you never reach a point where you feel satisfied with the way you look. This can truly be a problem because there is a good chance that there will always be at least one person who is better looking than you, thinner than

you, etc. This is why it is imperative that we learn how to recognize jealousy and overcome it. Otherwise, it is easy to engage in very destructive behavior that can ruin your life.

## Loss Related Jealousy

Jealousy can also stem from loss in your life. There are three types of losses that you can experience which can result in jealousy. They are:

1. The loss of a friend to someone else
2. The loss of a romantic relationship to someone else
3. The loss of a loved one who has died

## Losing a Friend

As we mature and grow as people, it is not that uncommon for friendship to simply fizzle out. The feelings of closeness that we experience with friends can begin to fade over time as we develop into different people. When this transformation takes place the person who was once your good friend may replace your friendship with someone who has interests that are more similar to their own at that point in time. In order for an individual to have a solid foundation in life, friendships are crucial. As a result of this, emotions can take a heavy toll if you feel as though you have lost a friend or you are at risk for losing an important friendship. For example, you may ask yourself whether the new friend is somehow better than you.

## Loss of Romantic Relationships

While we often think they should, romantic relationships simply do not always last. Regardless of the legal status or duration of your relationship, when you find out that your significant other has found someone else, you may likely feel jealous. You may feel jealousy even if the relationship has already ended and you thought that you were over the other person. Once you realize that he or she has moved on to begin a romantic relationship with someone else, you may begin to experience feelings of jealousy. These feelings may begin as you start to question why your relationship with that person did not work out. You could easily ask yourself the same questions over and over, such as what the other person has that you don't and whether the other person is more attractive than you are. You may wonder why your ex does things with the new person that they never did with you.

Such questions may continue to bombard your mind until you feel as though you cannot escape them. You may feel the desire to lash out and uncover the answers to those questions. These types of feelings are most common right after a relationship has ended.

## Loss of a Loved One who Has Died

Whenever you are mourning someone you love who has died, jealousy may not be the first thing that you think of, but once the first phase of grieving has passed, you may begin to experience a pain whenever you think of

other people who have not experienced the same type of loss as you. For example, if you lose your parents at a young age, you may experience jealousy whenever you hear others talk about the activities they share with their parents. This type of jealousy can easily begin to fester anytime you must hear about the good times that others have experienced with their loved ones.

Loss can result in more emotions than simply jealousy. It can also cause sorrow and grief. It is critical that you learn how to cope with jealousy during your life in order to avoid having your life taken over by it. Remember that while you may not be able to change the way you reacted to jealousy in the past, you can change the way you respond in the future.

### **Cheating and Betrayal**

Perhaps more than anything else, the fear of betrayal can cause extreme pain. This is because of the amount of ourselves that we devote to relationships and making them work. People commonly spend energy, time and even determination in trying to make a relationship work and last. When the person you love cheats on you, the feelings of hurt and betrayal can be severe. Infidelity can not only cause feelings of jealousy, but can also result in the end of a relationship.

Even if the relationship does not end and you do try to make the relationship work, jealousy can appear months or even years later on. You may even think that you have dealt with the situation and have come to accept it when those feelings begin to pop up again and the vicious cycle will begin all over again. This cycle can last for days and possibly for even weeks or years if you do not know how to cope with the feelings of jealousy.

Although you may feel as though you simply want to shut everyone out and lock yourself away from everyone when you experience these feelings of jealousy, this will simply do not good. It will only drive you and others around you crazy. The only way to really cope with these feelings of jealousy and betrayal is to learn how to overcome them once and for all.