

# How Is Jealousy Affecting Your Life?

## Objective

To understand the nature and causes of jealousy and identify how jealousy might be impacting your life.

## What to Know

Do you ever experience jealousy? Are other people jealous of you? Jealousy is a complicated emotion that can be expressed in different ways. Jealousy is different from envy, in that envy is a mix of admiration and discontent, whereas jealousy is experienced as hostility or resentment. Jealousy can be rooted in low self-esteem, poor self-image, insecurity, attachment problems, anxiety, emotional dysregulation, codependence, or paranoia.

Jealousy can occur in any relationship, and it can trigger a range and intensity of feelings, including sadness, anger, and fear. It is important to note you might have a reason to feel jealous if the other person is unfaithful or rivalrous. But jealousy can cause people to make damaging choices, such as checking email and texts, monitoring a person's whereabouts, lying, worrying about being lied to, or acting violently or abusively.

In this worksheet, you will explore how jealousy is affecting your life—whether you are the one who is jealous, or you are the object of someone else's jealousy.

## What to Do

Whom are you currently experiencing jealous feelings toward?

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When did you start feeling jealous? What was going on?

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How do you typically express jealousy?

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What other feelings are you experiencing? \_\_\_\_\_

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Are you engaging in secretive or sneaky behaviors? Describe.

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What are the benefits of your jealous feelings or behaviors, if any?

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What are the negative consequences of your jealous feelings or behaviors?

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What are you willing to do to change your jealous feelings or behaviors? Be specific.

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Is anyone expressing jealous feelings toward you? Who?

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How are you dealing with this situation? That is, what do you say or do in response? If you have not responded, what would you like to say to them if you could?

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What is the first step you would like to take to address jealousy in your life?

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What do you know about your past relationship patterns that might help you work on jealousy issues in your current relationships?

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What positive activities and interests can you pursue to shift your focus away from obsessing about the person you are jealous of?

### **Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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