Possessive/Jealous Men in Relationships

A possessive/jealous man will:

- Tell you how to dress;
- Be overly concerned about where you are going when socializing;
- Insist on escorting you to mundane places;
- Interfere or veto your social plans;
- Make excessive phone calls to know your whereabouts;
- Be intense about everything;
- Be unable to communicate and discuss anything with you;
- Put you down and will do anything to make you feel inferior;
- Have a negative outlook and poor self-esteem/lack of confidence;
- Be dominant in domestic arrangements;
- Be aggressive and displays an unreasonable attitude to minor details.

The above list is some of the characteristics to look for in respect of identifying a possessive jealous man in advance. Often he may be good-looking with plenty of charisma and charm and oozing apparent self-confidence. At this stage of the “love game,” you will have no reason to suspect that he is any other than the way he portrays himself. Generally, once a possessive jealous man finds his woman, he does not believe he can keep her. He believes that his woman will be taken from him by another man. This is largely due to a lack of confidence, poor self-esteem, limited or no self-respect. The possessive jealous man does not believe that he deserves to
have a partner who loves them. He will not be able to trust his partner and will not believe her words of love.

He will be more likely to believe that his woman is only with him until she finds a better partner. Because of this lack of self-belief this man will unconsciously set about creating scenarios where he can control his partner, making his partner stay with him and depend on him. This is where their value on themselves lies, in the misguided belief that their partner cannot do without them. When your possessive partner has achieved what he has set out to create—a dependent woman—he will start the process of undermining you.

He will:
- Criticize everything you say and do;
- Make you feel bad about yourself;
- Undermine your confidence;
- Tell you constantly how lucky you are to have him;
- Make you believe that no-one else would have you.

If you felt good about yourself at the onset of the relationship, a few months down the road you will begin to feel insecure and will suffer from low self-esteem. This is precisely where your partner wants you to be. He has built up a dependency and a fear in you that makes you believe that you are nothing and nobody without him. You will forget who you really are, a confident, capable person, and you will become a “Stepford wife,” that is someone who caters completely, with no questions asked, to your partner’s needs and desires.

He will need constant demonstration and proof that you love him. No matter what you say and do, he will distrust you and will believe you have a hidden agenda or other motives for telling him you love him. Family and friends will see the difference in you, and may tell you that you have changed. When you innocently repeat this to your husband/partner, he will think that there is a conspiracy
between you all to take you away from him. The remarks made by your family and friends will be ignored as you continue along the path of totally believing what your possessive partner is telling you. After all, “why would they lie to you and do this to you?” Soon you will be in a position where you are isolated from those people who love and care for you.

A dominant parental environment can produce men who lack self-respect, who are unable to adequately contribute to domestic chores and who are frustrated with their careers and also have no financial security. They do not believe they are “masculine men.”

A confident man with no possessive hang-ups does not have a problem with possessive jealousy. This man is someone who celebrates his partner’s independence, beliefs and values. He will know that relationships are about trust, caring and sharing. He happily accepts his partner’s views without recriminations. He knows that love will not grow by smothering and choking your partner. It will grow by trusting, honest, open communication.

Women are becoming powerful in the work arena and are more confident in other aspects of their lives. This fact will disempower some men who believe that a woman’s place is in the home, or most certainly beneath him.

**The Jealous/Possessive Man**

This man goes through torment and torture every day of his life. He is insecure and has no personal control. He usually has no friends and is even quite isolated in his work (you can be alone even in a crowd). If this jealous man is in a relationship with you, then at the onset of the relationship you will feel totally loved and treasured by him. Nothing will be too much trouble. He will do anything and everything for you.

Another variation is the “alpha male” with a belief of entitlement and ownership who feel a compulsion to dominate
in any situation. To them, their woman is a possession to be guarded. They are often very popular and charming, and friends flock to them.]

However, once he has gained your trust and commitment, he will gradually change and:

- He will become suspicious and distrustful;
- He will try to find a hidden meaning in every word you say;
- He will limit your visits to friends and family and, most likely, he will want to come with you. His ultimate aim will be to isolate you from everyone in your past;
- He will be upset if you arrange to do anything without him being present;
- He will be overly attentive and you will feel smothered;
- He will expect you to totally believe him and do everything he asks of you;
- He will take control of all financial issues;
- He will expect you (and your children) to abide by his word;
- He will expect you to ask his permission before doing anything;
- He will be mean with the amount of money he allocates to you;
- He will embarrass you in public;
- He will always be on the lookout to see if you are interested in other men.

If you are the jealous man reading this, you might be able to add more statements that are unique to you. If you are living with a jealous man, you will see some of your man’s traits in this list.
Where does your jealousy come from?

- Your childhood;
- Past relationships;
- Fear;
- Insecurity;
- Being too pampered as a child;
- Being ignored as a child;
- A lack of self-respect;
- Being too controlled as a child;
- Anxiety;
- Depression;
- Being overlooked for promotion in the workplace;
- Believing that your partner will leave you;
- Believing you aren’t getting enough attention from your partner.

Indeed jealousy can arise from many events during the course of your life. You all have choices open to you. You have a choice to stay jealous. You have a choice to overcome jealousy. I hope you will choose the latter.

Ways to help overcome your jealousy:

- Be patient;
- Be prepared for some hard work;
- Learn to be realistic;
- Identify the triggers that set you off in your jealous thoughts;
- Revisit your childhood—look at your role models and the environment you were raised in;
- Remind yourself that your partner loves you;
- Learn to love and accept yourself;
- Look at your behavior and attitude;
• Learn to trust;
• Use positive self-talk (we all talk to ourselves in our mind — mind chatter — this talking to yourself should be positive);
• Rid yourself of bad, old repeating patterns of behavior (these are the negative thoughts that keep on and on in your mind guiding you to believe that you are right to be jealous);
• Enlist the cooperation of your partner;
• Ask your partner for gentle reassurances;

The above list will help you to overcome your jealous habit.

I have suggested that the jealous partner should change the negative thoughts that are constantly in their mind. I have written in depth about this process in my book, Life After Your Lover Walks Out: A Practical Guide. However, I will give you a brief description how you can achieve a change of thought process.

Your mind records mental pictures of everything you have experienced. If these thoughts are mostly negative, then you will repeat the negative reactions you have always used. Irrational reaction comes from irrational thought. The sequence is, first comes the thought, the next step is the feeling, then the final step is the action. Your irrational reactive mind makes you say and do things that are not really you. They are just automatic responses that you have always used and never thought to challenge. This is why you sometimes react in ways you do not understand but later regret.

Learn from these errors and stop reacting and being spontaneous. Instead, think before you speak. Change your reactions. Know that your responses up to now have not benefited you in any way. In fact, you will probably agree that they have caused mayhem within you and within your relationship.
Your mind is your best asset and your worst liability. It can be a powerful source of creativity or a powerful force of destruction.

Decide that:

- You are in charge of your mind
- You are in charge of your thoughts, actions and reactions
- You are personally responsible and accountable for all that you think say and do

The range of emotions jealousy exhibits are:

- Pain
- Anger
- Rage
- Sadness
- Resentment
- Worry
- Grief
- Fear
- Humiliation
- Envy

The above emotions result in the following behavior:

- Aggressive actions and reactions
- Violence
- Constant unreasonable questioning
- Panic attacks
- Controlling

...And many more unwanted behaviors.

It is important to remember that unless you have a very good reason to be jealous, you should not keep on at your partner with these thoughts.

Remember that your partner chose you! Don’t make your partner sorry that they did choose you by behaving in an unreasonable, inappropriate way. Jealousy destroys the thing it tries to protect. The object of your love will stop loving you if treated in the way jealousy leads you. So, however you feel inside, treat the other person in a way designed to foster love, not to destroy it.
Things you should avoid doing:

- Controlling your partner;
- Being aggressive;
- Obsessing about jealous thoughts in your head—if you remind yourself to think positive thoughts when this happens, you will eventually develop a habit of doing this;
- Pushing your partner away from you with your behavior;
- Keeping all these thoughts to yourself—share these thoughts with your partner in the context of asking for their help in overcoming these thoughts.

Things you can start doing now

- Becoming a trusted friend to your partner;
- Trusting your partner;
- Allowing your partner to have his/her own friends and hobbies;
- Allowing your partner to visit family without you always being present;

If you are able to do some of the things on this suggested list, you will soon see that you can choose not to be jealous and your life will be happier as a result of these exercises.

A small amount of jealousy in a relationship can be positive and reassuring, but it is essential to keep jealousy under strict control.

“You can’t teach anybody anything, only make them realize the answers are already inside them.”

Galileo