1 What is Jealousy?

The focus of this book is to understand and recover from the emotion of jealousy within a relationship/marriage/partnership. Step 1 will concentrate on jealousy. Step 2 will concentrate on Envy. In Step 3, I will attempt to explain each type of jealousy before moving on to the thoughts, feelings, speech and action that take place when jealousy is present in your relationship.

Jealousy is typically used to describe the thought, feeling, and behavior that occurs when a person believes a valued relationship is being threatened by a rival. Jealousy is a destructive emotion hell-bent on causing unhappiness. It can strike at any moment, eroding your mind and heart with thoughts and feelings that are meant to be emotionally destructive. Jealousy cunningly lies under the surface of love, hate and desire, waiting for the opportunity to jump out and show itself. Jealousy takes pleasure in sowing seeds of discontentment in your mind and is only sated when disharmony occurs.

All of us have experienced jealousy of some description. I believe jealousy is the result of a creative overactive imagination. If you have a seed of doubt in your mind about your partner and/or your relationship, your jealous thoughts will take you through a series of negative scenarios as a means of torturing you. It feels terrible but you, somehow, can’t stop or help yourself from sliding down the road to despair. Jealousy brings about an emotional state of being “out of control.” Only someone who has experienced jealousy can fully comprehend how awful this feeling is. You know what you are doing but you can’t stop it. Jealousy feeds you the mental images of
your worst scenario and leaves you feeling angry, empty, dis-
satisfied. Being jealous says a lot about who you are.

**Fear Feeds Jealousy**

**You are afraid of...**
- Your partner leaving you;
- Being betrayed;
- Losing face;
- Having “egg on your face” (being humiliated);
- Losing your self-esteem;
- Hurting your self-confidence;
- Your appearance not being good enough to attract a partner;
- Weighing too much to be attractive;
- Being embarrassed by your lack of skills;
- Not being good enough;
- Being an inadequate lover;
- Being unable to sustain a relationship;
- Communicating about this with family, friends, partners.

Each of us has a unique list of our own. Write out your own list and discover your own problem areas with regard to jealousy.

**Where Did the Seed of Doubt Arise?**

- Have you always been jealous?
- Were you jealous as a child?
- Were you loved as a child?
- Is one or both of your parents jealous?
- Has a past partner alerted you to jealousy by betraying you?
- Are your family or friends jealous of you?
Step 1 – What is Jealousy?

Make a list of all the times you have been jealous. State what it was you were jealous of. Are you still jealous of those things you have identified? Do you believe you are unworthy of having a partner?

Wherever and whenever the seed of jealousy was planted, it is now firmly positioned in your mind. Jealousy is an indicator that you place no value on yourself. It searches in your memory for examples and scripts that prove you have a right to be jealous. Your mind is like a computer that forages through your mental files to find evidence that you are unworthy, and that it is only a question of time before your partner moves on to someone much better than you believe you are.

How Can I Accept Myself?

The first step in overcoming jealousy is to learn to accept and love yourself for the person you are.

You can do this by listening to...

- What you are feeling;
- What you are thinking;
- What you are saying;
- The negative stuff that you say about yourself (mind chatter);
- The old pattern of thoughts regurgitating and repeating yet again.

In order to rid yourself of jealous thoughts, you must clear your mind of stuff (old habits and beliefs) you have been holding on to. Erase the repeating thoughts that are the root cause of you inflicting this negative pain on yourself.

You can do this by...

- Writing your negative thoughts down on a notepad;
• Changing the negative thought script that you have identified to a positive thought script. If you write these positive thoughts down, they will form a definite script in your mind;

• Repeating these positive script changes you have made, over and over again. This exercise will help to reduce, and eventually rid you of, your negative beliefs;

• Remembering “I am what I think I am;”

• Remembering “Others are what I tell myself they are;”

• Using your energy to create the person you want to be;

• Understanding that you must take responsibility for creating your emotional security. Don’t look to your partner to provide you with emotional safety.

I can assure you that if you do this exercise and stick with it, you will see the benefits in a very short time.

Ask yourself: Am I...

• Suspicious of my partner?

• Frequently checking up on my partner?

• Searching through my partner’s jacket pockets or reading his/her mobile phone messages?

• Constantly questioning my partner about where s/he is going or what s/he is doing?

• Withdrawing from my partner without giving an explanation as to why I am doing this?

• Suspicious when I meet new people?

• Frightened of change?

• Frightened of being abandoned?

If you answered “yes” to most of the above, then you have selected the right book to help you overcome this problem. Take time out to look at each negative script you have identified.
Looking back from now, ask yourself...

- Have I ever had cause to be suspicious or jealous of your partner?
- Has this cause ever created a rift between me and my partner?
- Do I think I handled the situation in the right way?
- Can I see that my negative thoughts produced negative results?
- Do I think I behaved reasonably?
- Do I believe I acted in a rational manner?
- Do I think I exaggerated the situation?
- Would I handle the situation differently in hindsight?
- Am I focusing on my partner because I am unable to focus on myself?
- Do I trust my intuition?
- Do I trust my perception?
- Do I trust myself?

All these questions are important in order for you to see clearly that, on reflection, that you may have made a “mountain out of a molehill” through your own fears and emotional insecurity. These issues, which are seated in the past, stem either from your childhood or from your recent adult relationships. This results in you feeling out of control” and unable to sustain a healthy relationship. Before you can have a better relationship with your partner, you must exorcise these irrational fears. Get rid of them once and for all. Take a peek at your past history, alone or with a friend or therapist, and you will discover how this negativity came about.

Once you have identified the root cause, don’t make the mistake of hanging on to it, thereby justifying your present behavior. Look at it, accept it and decide to “move on” from it. Is there any benefit from reliving your past ad infinitum?
Sufficient to say that you have allocated the cause, and are now ready to address it. By doing these exercises, you will find it easier to let go of your destructive negative jealous feelings and embrace new positive thoughts, feelings and attitude.

Jealousy is powerful and dangerous, and is a real issue. It destroys your relationships and it destroys you in the process. It is one of the biggest emotional problems and is a barrier to creating a successful partnership. You feel jealous when you think that your partner is being unfaithful or looking at someone for too long. You see other people as “predators” who are trying to take your partner away from you. When this happens you feel physically sick, with your heart pounding and on the verge of a full-blown panic attack. Jealousy isolates you. However, the good news is that jealousy can be controlled. It will not go away forever. It will lurk in the depths of your mind, ready and waiting to erupt if you allow it. It needs to be put away into a safe place with you holding the key. You are in control.

**Take into consideration the following suggestions:**

- Do not rely on your partner to make your life complete;
- Create your life and fill it with stuff you want to do;
- Have mutual friends but also have your own circle of friends;
- Value who you are;
- Learn to be more understanding;
- Learn to be more honest;
- Learn to be more trusting.

The next step is to learn to have faith. Faith in yourself. Faith in your partner.
Step 1 – What is Jealousy?

What Is Faith?

Faith is blind. Faith is a strong belief. It’s a feeling of warmth and loyalty you generate when you believe in yourself, your partner, your family or others. Without having faith in your relationship, you will flounder and fall by the wayside into an emotional, unhealthy abyss. A healthy relationship is based on trust and faith. Decide together to be open with each other. Communicate your worst fears to each other and work through these fears to a positive outcome.

“Jealousy, the jaundice of the soul.”
John Dryden (1631-1700)