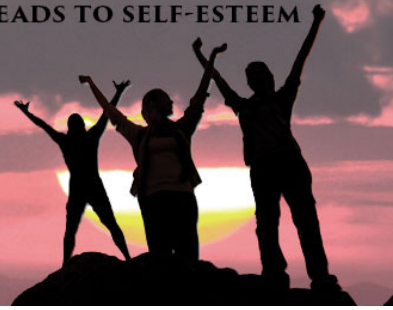


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 4 – Worksheet 5

Envy and Jealousy

Envy and jealousy are feelings of rivalry between you and another person. If you feel envious of another it means you want the same circumstances or possessions that they have. If you feel jealous, you not only want what they have, but you also want them to not have it.

Jealousy involves feeling threatened. If you feel envious or jealous it means you are putting yourself down and valuing the other person's circumstances more than you are valuing yourself. It's a sign you're feeling inadequate, incompetent, or uncomfortable with some aspect of yourself.

When you feel capable, competent, powerful, valuable and lovable on your own, there is no need for you to covet the abilities or possessions of others. It's only when your insecurities are making themselves known that you think you need what others have "to make you feel better."

Self-talk phrases that indicate envy or jealousy include: "I wish I looked like she does," "I hate them when they talk about all their money," or "I hope s/he drives that new car into a ditch!" Listen to your thoughts, to your words, and to your "gut," to determine if you are feeling insecure in some way and therefore jealous of another. There is a fine line between being envious and simply admiring another person. When you are able to accept who you are and feel compassion for yourself, you will be able to admire, appreciate, and be happy for others without wanting what they have for yourself, and the feelings of envy and jealousy will fade.

Being jealous or envious takes a tremendous amount of your energy, and blocks your ability to think and be productive, which interferes with feeling positive about yourself. Rather than focusing on others, what would happen if you channeled this energy into positive thoughts about yourself?

Look at yourself in the mirror and appreciate the special person you are. Know that you are kind, strong, resilient, capable, lovable and valuable. It is these internal qualities that make you the unique person you are, and that make it possible for you to achieve your own success and eliminate feelings of envy and jealousy from your life.

Exercise: Envy and Jealousy

In the space below, identify situations in which you have felt or feel envious or jealous of another person's circumstances or possessions. Identify your own insecurities that foster these feelings, and then write ways you can delete this jealousy from your life.

Situations in which I feel envious or jealous:

How these feelings are affecting me:

The insecurities my envy indicates:

What I will do to change these feelings:

Reflections on Envy and Jealousy

- Envy and jealousy are the result of feeling insecure about yourself
- When envious or jealous you covet other people's circumstances or possessions, thinking these things will solve your problems and make you feel better about yourself.
- Envy fades when you feel strong and positive about yourself.
- Let go of the envy, claim your power and focus on what you can do to improve your own situation.