

Dealing with Jealousy

Have you ever said, "You're just jealous?" Or "I'm so jealous?"



What is Jealousy?

Jealousy can be defined by fear of loss, distrust, anxiety and anger. We know that jealousy is a learned behavior starting in infancy. It comes from a basic need for nurturing from our primary care taker. If something or someone takes her/his attention away from the infant, the infant feels threatened. Even as adults, we may feel fear, helplessness, and even grief when threatened. You may find it helpful to differentiate between jealousy and envy. Envy means feeling of inferiority, longing and resentment. (Parrott and Smith, 1993)

What causes it?

- Insecurity- Jealousy can be considered a mix of anger and anxiety.
- Feelings of inadequacy.

What to do about it?

- Admit you are jealous and don't feel guilty.
- Talk to someone sympathetic.
- Write your emotional thoughts on paper.
- Keep busy.
- Laugh – go to a funny movie.
- Meditate on your feelings, set a time limit, and then let them go.
- Visit helpful websites: <http://www.psychologytoday.com/blog/think-well/201309/taming-jealousy>

References: Parrott, W.P. and Smith, R.H., (1993). Distinguishing the experiences of envy and jealousy, *Journal of Personality and Social Psychology*, 64, 906-920.

To talk with a Bucks Counselor, call 215.968.8189 or email counseling@bucks.edu to schedule an appointment.

It's FREE and confidential.