

Jealousy

Certain things often trigger our jealousy, but knowing the root cause is key to understanding (and being able to manage) our jealous reactions. Start by identifying two different moments in your relationship when you were jealous.

What were the triggers? And then ask your self **Why?** they caused you to be jealous 5x?

The last time I was jealous...

What triggered me?

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What triggered me?

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FEAR

Once you have dug deep and identified the root cause of the last two times that you were jealous, rewrite the core cause of your jealousy and insecurity here as a fear.

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FACTS

List here things that demonstrate why that fear is unfounded. Ask yourself, are the unspoken assumptions beneath your fears valid? Do these fears make sense? Do they tell the truth?

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