

Dealing with Jealousy

**Have you ever said, “You’re just jealous?”
Or “I’m so jealous?”**

What is Jealousy?

Jealousy can be defined as a mixture of emotions that **can include anger, fear, grief**, and feelings of betrayal. 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. **Jealous** means fearful of loss of position or affection, resentful of rivalry, and possessively watchful. **Envy** means feeling discontent or resentful because another person has possessions or qualities that you want.

What causes it?

1. **Insecurity.** Jealousy can be considered a mix of anger and anxiety.
2. Blows to self-esteem such as **loss** of job, poor health, loss of attention.
3. **Feelings of inadequacy.**

What to do about it?

1. **Admit** you are jealous and don’t feel guilty.
2. **Refocus** your **attention** by taking a mini vacation – visit a museum, a beach, or a park.

3. **Be good to yourself:** Get a good night's sleep, a massage, or take a hot bath.
4. **Talk** to someone sympathetic. Make an appointment to see a **BCCC Student Planning Counselor** (free and confidential), by calling 215.968.8182.
5. **Write** your emotional thoughts on paper.
6. Keep **busy**.
7. **Laugh** – go to a funny movie.
8. **Meditate** on your feelings, set a time limit, and then let them go.
9. **Read wise counsel:**

Jealousy, ed. by Gordon Clanton, Lynn G. Smith, 152.4 J43 in BCCC Library

Moondance (videorecording), 791.437 M818 1994 in BCCC Library

10. **Visit** helpful websites

<http://www.romanceclass.com/miscr/LoveQuiz/QZ247>

<http://cms.psychologytoday.com/articles/pto-19920301-000032.html>

For a good article on marital jealousy that pertains to any intimate relationship jealousy, first go to www.google.com, in window, type Jealousy, then scroll down to and click on “Understanding and Handling Jealousy –Psychological Self-Help”

11. Talk to a **BCCC Student Planning Counselor**. It is free and confidential. Call 215.968.8182 to schedule an appointment, or stop by Rollins, room 8. Also you may e-mail counseling@bucks.edu We recommend you use password protected e-mail; preferably your validated BCCC student e-mail account. Link to guidelines: <http://www.bucks.edu/advising/guidelines.html>

