



# HOW TO GET FREE OF JEALOUSY IN YOUR CLOSE RELATIONSHIPS

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Drawn from our E-book, THE RELATIONSHIP SURVIVAL GUIDEBOOK: RAPID SOLUTIONS FOR URGENT RELATIONSHIP CONCERNS

The first important thing to know about jealousy is that it doesn't exist. Jealousy is impossible to deal with in close relationships because it's not real. In helping hundreds of people eliminate jealousy, we've never seen anybody get free of it by approaching it on the level of "jealousy." A famous quotation from Albert Einstein says that it's not possible to solve a problem in the same state of consciousness in which it was created, and nowhere is that more true than in jealousy.

## The Only Way To Handle It...

The only way to handle jealousy in the real world of relationships is to shift your state of consciousness so that you can see jealousy for what it really is beneath the surface. The dictionary tells us that

jealousy is when you're "fearful of losing affection or being supplanted by another person." It also says we're jealous when we're "vigilant in guarding something." These are helpful pointers to the real issues underneath jealousy.

## **Jealousy Is Really About Fear and Control**

When you're jealous you're scared. Fear is real—you can feel its racy-queasy-butterflies in your belly. You're afraid of losing the love of the other person. We often magnify our fear, though, by expressing it in the distorted form of anger. If we could say to the other person, "I'm scared I'm losing your love," we could move through the mire of the situation much more quickly. Instead of confronting our fears directly, we often get angry and blame the other person. This keeps us from focusing inwardly to find out what we're really scared about.

When you're jealous you're also trying to control the other person and his/her feelings. Here's where many of us have gotten into very sticky relationship dramas. Gay recalls the painful experience of getting dumped at nineteen by his girlfriend, Alice: "I'd been in love with her since we were seniors in high school. I think from the moment I met her I assumed we'd always be together. Then, in our sophomore year of college, she fell in love with another guy. I went through many levels of anger before I was finally able to confront my real fears and grief. First, I angrily tried to talk her out of it by listing all the faults and flaws of the guy she was dumping me

for. I made up lies about him and hurled them at her. I explained to her why I was infinitely superior to him. When none of that worked I tried guilt: How could you betray everything we've gone through together? Nothing I tried worked. In fact, the harder I tried to hang on to her the more I saw the love in her eyes turn to pity."

### **Why Control Never Works...**

The reason control never works is that we're trying to control something that's uncontrollable. Whether another person loves us is completely out of our control. Two thousand years ago Epictetus made this point clearly in the opening line of his Art Of Living: "The secret of happiness is knowing that some things are within your control and some things are not." The reason jealousy makes us so miserable is that we expend our energy trying to control the other person rather than turning that energy inward to explore our real feelings.

### **Getting Free Of Jealousy Is A Two-Step Process...**

First, you have to find out what you're really afraid of. Usually, it's fears of abandonment, of being alone, of not feeling whole and sufficient on your own. However, each of us has our own particular "signature" of feelings, so each of us needs to turn our attention deeply enough inside to discover, "What fears are my jealousy really based on?"

There's often grief as well as fear buried beneath the jealousy. We've often never fully recovered from some earlier abandonment or

betrayal, and the open wound of this old trauma drives our desperate attempt to control the other person in our present. Just as with fear, we each have our own signature of grief. The only way to discover it is to open up to yourself in an attitude of genuine innocence and wonder to ask, "What old hurts are beneath my feelings of jealousy?"

The second step is to talk about the fear and grief openly, preferably with the person you're jealous about. If this isn't possible, a friend, coach or therapist can sometimes step in to provide the support and listening-ear we all need at such times.

### **What's Possible In A Conscious Relationship...**

In a healthy, conscious relationship jealousy doesn't recycle because the partners talk about it on the deeper level we've described. They talk about their fears, their old griefs, and what they want and need from the other person in the present. If you get underneath the anger and control of jealousy to the real feelings of fear and grief, you'll find that the jealousy dissolves naturally and doesn't return.

(This exploration of jealousy is drawn from the e-book called **THE RELATIONSHIP SURVIVAL GUIDE: Specific Answers and Rapid Solutions for Urgent Relationship Concerns**, by Kathlyn and Gay Hendricks.)

## About Drs. Kathlyn and Gay Hendricks

*"The therapists' therapists" -- featured on CBS's 48 Hours, CNN, Oprah, Sally Jesse Raphael, and Sonya Live*

A husband/wife team of counseling psychologists, Gay and Kathlyn are leading theorists in the emerging field of body-mind integration, and they have spent the past thirty years creating a powerfully simple set of tools for change. Between them, they have authored over twenty books in education, transpersonal psychology and centering, including *Conscious Loving*, *The Conscious Heart*, *The Corporate Mystic*, *Conscious Breathing*, *The Ten-Second Miracle*, *Conscious Living*, and the new *Breathing Ecstasy*.

Over the past two decades, Gay and Kathlyn have both worked with over twenty thousand individuals and three thousand couples in developing their method of body-centered and relationship transformation. Widely known as "the therapists' therapists," they frequently appear as featured guests on national television, including CBS's 48 Hours, CNN, Oprah, Sally Jesse Raphael, and Sonya Live. Corporations such as At&T, Motorola, Monsanto and IBM also use Gay and Kathlyn's ground-breaking technologies to create new ways for being and performing.

"We are passionately interested in the transformational power of conscious relationship and body-centered techniques such as breath work and movement." says Dr. Kathlyn Hendricks. "We are committed to the creation of a worldwide community of people who are exploring the heights of love and creativity that healthy relationships make possible. Our trainings are constantly evolving with innovations added every year." Dr. Gay Hendricks says, "I have gravitated toward a body centered approach after a life-changing experience taught me that when you resist your feelings, you create a state of duality. If you open up to what's inside, what actually is, feel it deeply and learn to love it, the nature of the feelings change." Drs. Hendricks agree that the hallmark of their work is the high spirit of play and powerful learning that takes place in their trainings.

Drs. Kathlyn and Gay Hendricks have been called "the therapists' therapists." because many of today's top relationship experts have studied and worked with them. John Gray, author of *Men are from Mars, Women Are From Venus*, says that Drs. Hendricks "are masters in the art of intimate relationship." Their work is known for its ease, humor and broad application to relationships at home and at work. Best-selling author John Bradshaw says, "I consider Gay and Kathlyn to be my teachers."

For more information about Drs. Gay and Kathlyn Hendricks-- visit their web site at <http://www.hendricks.com>