Free GEM Solution Sheet

Key Learning Points

- > The root of jealousy or envy is usually tied to a fear of loss or insecurity - we have to figure out our triggers
- > If left uncontrolled, jealousy can ruin our lives
- > We can control our own reactions, and have the power to change!

5 solutions to kick that Green-Eyed Monster to the Curb!

I. Fess Up

admit what you are feeling & that it's ok to feel this way

2. Identify the Why

figure out why you are feeling this way

3. Don't React

give yourself time to let the "fight or flight" emotions discharge

4. Distract yourself

don't sit and stew about it - find something to do that you enjoy and helps you change your state

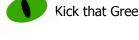
5. Stop comparison

Your path is unique. Life on the outside for others might not be all that it seems. Remember all that is good about you!

Self-analysis questions to help Solution 2: Identify the Why

- I. Am I feeling jealous or envious?
- 2. What is the object or person that I desire?
- 3. Why do I want it?
- 4. What would having that bring me?
- 5. What do I feel is missing in my life that I need it?
- 6. What is it that I'm really afraid of losing or missing?
- 7. Am I reliving an old story?

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