

# 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!

### 1. 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

1. 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?

