

6 Tips to Handle Jealousy

Here it comes again, the monster that is part of human nature. That is the feeling of jealousy. Jealousy arises when there is injustice, feeling of inadequacies--feeling left out, or can stem from rejection. Get a handle on it today.

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This is never something we like to admit, but we all have to tackle this. Sometimes if it becomes a deeper issue we need to get to the root of it with therapy and learning how to handle it better. Jealousy divides, kills self-worth, destroys relationships, and will damage your life and others. For example

allowing jealousy to fester can make you explosive, resentful and make the atmosphere sour.

It will leave people wondering, "What is wrong with them?" We don't need this.

Remember that jealousy can grow into a disease.

We can learn to let go and choose love. When good things happen to others and when life is in the toilet for you, what can one do? Be proactive. There are questions you can act to help you understand what is going on.

Fiction writer Robert A. Heinlein said: "Love is that condition in which the happiness of another person is essential to your own... jealousy is a disease, love is a healthy condition. The immature mind often mistakes one for the other, or assumes that the greater the love, the greater the jealousy."

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Once you go down this road, it will never end. Make it a point to turn this around and wish them the best. Everyone is special and unique, don't squander energy.

"There is an endless supply of people to whom you could compare yourself and your accomplishments, but, inevitably, you'll always end up on the losing side of the comparison. That's because there will always be someone who has done something that you wished you could also accomplish."

Replace these thoughts with compassion. Maybe they're suffering, or have been struggling for a long time. You don't know the entire history. We don't know about everything that goes on behind the scenes. We can assume, but there will be things that we don't know. Perhaps someone gets a promotion and you don't. Maybe they have more flexible hours, too. We don't know the entire situation, so refrain from comparing, but ask for the reasons that you were not promoted or given time off. Then go from there. Count your blessings.

