



# Overcoming Jealousy

Jealousy isn't necessarily an unhealthy emotion, but there are ways to handle your jealousy more constructively. If you tend to get jealous in romantic relationships, you're not alone. Jealousy is a very natural emotion that many people experience at some point. Jealousy can come up in romantic relationships, friendships, partnerships, between co-workers, church members and ministers, children, employees, families, etc. It is important that we handle the feelings of jealousy in healthy constructive ways, because jealousy left unchecked can lead to destructive behaviors such as anger, hatred, violence, etc.

Wherever your jealousy stems from or whom you feel it toward, healing is possible, and you can deal with it in healthy ways. How do you deal with and control jealousy? There are several ways:

## 1. Identify your insecurities

"Be real with yourself about your insecurities. Why are you feeling this way. Where is it coming from. To do this, you can journal to help identify the root of your jealousy and how to overcome it.

## 2. Communicate openly with them

Consider speaking with your partner, etc. about your feelings. Opening up about your feelings of jealousy can give them the opportunity to understand where you're coming from and adjust their behaviors to help you feel more secure within your relationship.

## 3. Talk about it with other people

To realize that you're not alone, ask other people about what jealousy is like for them and how they cope with it. Talk with your Pastor. This offsets the shame associated with feeling like 'there's something wrong with you for feeling this way.

## 4. Let go of judgment

Stop judging jealousy as a "bad" or "wrong" way to feel because it's neither. Jealousy sends us a message about the unhealed parts of ourselves. The defensive behaviors we exhibit to protect us from feeling jealous are usually what feel bad or wrong. But the feeling itself is actually a useful tool for us to get to know ourselves better. Allow yourself the space to be a human.

## 5. Try self-therapy exercises

Especially if your jealousy comes from toxic past relationships or traumatic situations, coping exercises might help you manage the negative feelings associated with jealousy.

## 6. Learn more about jealousy

Jealousy almost always has a deeper-rooted emotion behind it. "It can be a manifestation of fear: that we're not enough, attractive, or interesting, that we won't be chosen, that other people or things are more important to someone than we are. Below are some other potential sources of jealousy:

- a partner's ongoing relationships with their exes
- not trusting that your partner is committed to your relationship
- wishing you had what someone else has (e.g., career, friends, relationships)
- a learned emotional pattern from observing or being raised in an environment heavy with jealousy
- conscious or unconscious attachments to competition
- a projection of how we genuinely feel or think about ourselves
- a lack of security in the relationship we have with ourselves
- losing one or both parents (from divorce, death, or physical, psychological, or emotional abandonment)

## 7. Finally, always pray to the Father to help you with these feelings.

Our father loves us very much and He is concerned with every aspect of our lives. If you pray and ask Him to help you, He will. He will show you how to overcome it.

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not unto your own understanding. In all thy ways acknowledge Him and He will direct your paths.

If your jealous tendencies adversely impact your relationships, career, life or ministry, consider speaking with your leader or Pastor, or a therapist. Learning how to manage jealousy in a healthy way may take time and effort, but it's possible and it's never too late.

## Scriptures on jealousy to Meditate On:

James 3:16

Proverbs 27:4

1 Corinthians 3:3

Exodus 20:17

Galatians 5:19-21

James 3:14-16

Song of Solomon 8:6

If you desire prayer, contact us through our website and submit your prayer request. We would love to pray for you and believe God with you for whatever you are desiring spiritually for your life.

God Bless!