10-Day Ecourse

Email 2

Subject: Dealing with jealousy

Dear [Name],

Jealousy… it can bite the best of us, and can be difficult to let go of once it has gotten a hold on us. No matter how grateful we might be for the good things in our lives, there is always someone else who has something we wish we had for ourselves. Here are a few tips on how to rid your life of this ugly intruder before it begins to change who you are.

Value Your Own Situation

Living in a world where there are many with great wealth and unlimited experiences, it is easy to become envious of those who seem to have it all. Learn to value yourself… whether it is in regards to your appearance, financial situation, or relationship issues. You may not think you are beautiful, but maybe you have great health. You may not have a lot of money, but you are likely financially better off than the majority of those who live in dire conditions around the globe.

Understand the Trials of Others

Everyone has a trial to face. Perhaps you desire a loving relationship and haven’t had any luck in that area. Yes, there are many who have found the love of their life, but they are sure to be facing other troubles. They may be dealing with infertility, or have recently lost a job and are facing an eviction. Just because someone’s life looks picture perfect, never take for granted that they too are dealing with their own losses.

Use Motivation to Change What You Can

If you feel jealous about something that you can change, redirect that jealousy in a positive way. Want a perfectly toned body like your best friend? Then get out and begin an exercise program, and eat in a more healthful way. Wish you could afford a yearly tropical vacation like your entire extended family? Take on a second job, begin a home business on the side or cut back on eating out and save the money instead.

Accept What Cannot Be Changed

There are certain things that cannot be changed. Life can feel unfair at times. If you are dealing with a situation you cannot change, such as a family member who has cut you out of their life, then do what you can to deal with the situation and immediately focus on something else. Focus on the things that are going right in your life, and how much you have to give the world.

Change Your Focus

If you find you are spending too much time envying the lives of those around you, perhaps you need to take a step back. Social media can be troublesome as we view what seems to be the exciting lives of those around us, which can feel like salt on an open wound when our own life feels like it is lacking in some way.

Keep in mind that when someone shows the highlights of their life, they are generally putting out only the best. If you have too much trouble remembering that, then consider suspending your social media accounts for a time to regain your focus. Or perhaps you need to stop talking for hours with that friend of yours who insists on continuously bragging. Consider refocusing on something worthwhile like volunteering, which has a way of bringing perspective to life.

Jealousy gets every one of us at some time or another. You don’t have to let it take control, however. Use these tips to lift you out of the jealousy trap and into a life full of fulfillment.

Next time we will look at gratitude journaling, and how it can help you appreciate what you've got.