

Jealousy

Respond to Jealousy Without Taking Control

Adults | 10 to 15 minutes

Jealousy can point to uncertainty, comparison, a broken agreement, or fear of losing connection. A feeling does not prove what another person has done. Choose one recent moment and examine the facts, the meaning you added, and the action you can choose without restricting someone else's autonomy.

Reflect privately before acting. Separate observations from assumptions and identify one response that does not involve monitoring or threats.

Identify the concern

What did you actually see or hear? What agreement, if any, was relevant? Notice whether the concern is about a real breach, an unclear expectation, or comparison. Avoid searching devices or recruiting others to investigate as part of this exercise.

Choose a respectful next step

You might ask about an agreement, discuss your own limit, or seek support for uncertainty. The other person can decline a request. A relationship decision is different from demanding passwords, restricting friendships, or threatening consequences to control them.

1. What event brought up jealousy?**2. What facts, assumptions, and agreements are relevant?****3. What need, fear, or boundary deserves my attention?****4. What response respects privacy, safety, and each person's choices?****Clinical use and adaptation**

Assess stalking, threats, coercive control, and violence risk when indicated. Do not normalize surveillance or frame controlling acts as proof of love. Avoid treating actual betrayal as merely distorted thinking. Use individual assessment rather than conjoint negotiation when participation is unsafe.