Chapter Five: Freud’s Jealousy Nightmare Scenario

While Freud had some wacky ideas, he also brought us many good ideas and foundations to build off of. Specifically, one of those things is the way he believed jealousy is processed. According to him, there are four stages of jealousy: Grief, realization, enmity, and anger. The book goes into more details on what these four stages mean.

Exercise 6: Learn Something from Sigmund Freud

What it comes down to is that jealousy taps into our worst fears and insecurities. We will learn more about our jealousy by studying these four stages. You will decide what stage of jealousy you feel affects you the most, and read about what you can do to help with the components that affect you the most.

Exercise 6: Discussion/Ask Yourself

● What component of jealousy feels the worst to you?  
● Were you surprised to find out what stage of jealousy affects you the most?  
● What do you think you can do to start working on that component of jealousy?