Chapter Six: Is Your Jealousy Rational?

While jealousy absolutely can be rational, in many cases it is irrational or an overreaction. Your emotions and feelings are always valid, but you have to decide what actions to take, and this can be affected by the realization of whether or not your jealousy is currently rational.

Exercise 7: Your Jealousy Filter

In this exercise you will be screening your jealousy for hints and clues of what the basis of your jealousy is. There are four questions to answer, and your jealousy generally has to have elements of each in order to be considered rational. Be as honest as possible with yourself when answering these questions; is it the jealousy answering, or your rational self?

Exercise 7: Discussion/Ask Yourself

- Do you have a source of jealousy that you have discovered to be irrational? Why do you feel that it is irrational?
- Do you have a source of jealousy that you have discovered to be rational? Why do you feel that it is rational?
- Were you unsure whether a source of jealousy was rational or irrational? What do you think you can do to help you figure it out?
- Which of the four questions do you believe is most important for you in figuring out whether your jealousy is rational?