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Conquering your Jealousy

By Alina Ruigrok – www.love-sessions.com

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Jealousy. It may only be a simple word, but does not have such a simple definition behind it. There are many reasons we feel jealous and though it is a normal human emotion to feel, it tends to get out of control if we fail to tame it. In order to tame it and control it however, you will first have to learn where your jealousy is coming from. There is always a cause for jealousy to arise and once you have those causes figured out, controlling it will become easier.

When your jealous emotions come out, all you know is that you are feeling that way, correct? That is where you need to stop! It will be hard to remember, but you must take a pause every time you feel jealous and ask yourself why you feel that way. Does it have something to do with your own self-esteem, or does the person you are in a relationship with provide you with good reasons to feel this way? Speaking of self-esteem, jealousy is a good way of lowering it. So no matter what the reasons may be, it is extremely important for you to conquer it, otherwise it can do great damage to your self-esteem.

Once you figure out where your jealousy is coming from, you will then need to discover why it makes you feel jealous. For instance, if you figured out that it makes you jealous when your boyfriend or girlfriend talks to the opposite sex, then you need to discover why it makes you jealous. Did you have an experience in a previous relationship that now causes you to feel jealous with similar situations, or do you just have a fear of being betrayed? If so, why does that fear exist? Is your self-esteem a little lower than you thought? As you can see, there is a huge line of questions that need to be asked and answered in order for your jealousy to be conquered and under control. Acknowledging it is the first and important step, so you are already on the right and smart track!

Once you have realized where your jealousy comes from and what causes it, you can then concentrate on keeping it in control and hopefully get rid of it. If the reason has something to do with your partner, then it is best to have a serious conversation with him or her about it. Do not be afraid or feel stupid for feeling the way you feel. You have the right to express yourself and they are entitled to knowing what is making you feel jealous. If they truly care about you, they will work on ways to prevent you from experiencing such emotions. It is also a good idea to make an appointment with

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yourself and find ways you can improve your self–love and health, so that you can gain more strength and confidence, and be ready fight off such jealousies when they come to surface.

Toning down your jealousy and possibly getting rid of it for good will take time. It all depends on the situations and reasons. If having a flirtatious partner makes you jealous and your partner stops flirting, then it may be easier to overcome. However, if your jealousy is coming from a different area such as your competitive nature towards other women, then it will be more difficult. It is very common for women to feel jealous of each other's physique, success and relationships. The best way to fight this jealousy off is to improve your own self–health and lifestyle. Do things that boost your confidence. If you feel jealous of what great shape another woman is in and the attention she gets, then perhaps you should focus on yourself rather than her success. Concentrate on finding ways to satisfy yourself both physically and mentally.

Learning how to handle your jealous emotions will be a huge influence on how your situations will turn out. Combine your jealousy with a more rational emotion so that you can keep it from going overboard. If you combined it with an equally or almost equally stressful emotion such as anger, you will only push yourself back from reaching the outcomes you really want and are looking for. You could end up making a decision that will leave you feeling worse.

To keep yourself on the right track of jealousy conquering, just remember these steps:

- Acknowledge your Jealousy.
- Ask yourself where it is coming from.
- Question why it makes you feel Jealous.
- Make self–health and lifestyle changes that will assist you in fighting it off.
- Combine jealousy with a more rational emotion.
- Practice!

As long as you keep those steps in mind and follow them, you will learn how to take control of your jealousy instead of it controlling you. The last step is important . . . practice! You know the saying, practice makes perfect. So if you continue to practice these steps, controlling this stressful emotion will become easier and easier, until you have become a total master at it. Taking control of your emotions will make you the leader and not follower of your emotions, which can prevent you from entering many unwanted territories, such as break ups, low self–esteem, depression and even an increased amount of jealousy. You will be able to focus on the more important topics in your life and see things with a more clear and open mind, which will guide you into making better decisions and finding better solutions to the obstacles you will face in your relationships and life in general.

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For private and expert advice, go here.

Alina Ruigrok is an independent relationship expert for <http://www.love-sessions.com> helping those in need of dating, love, relationship, marital, sexual and other personal advice through e-sessions.

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Jealousy Can Often Be Caused By Insecurity Or An Over Active Imagination Or Possibly A

Combination Of The Two.

By Terry Doherty

People who allow their jealousy to get out of control often become angry and agitated when the person that they link the jealousy to, does innocent things. This ultimately could lead to destruction of the relationship or create two very unhappy people who are forever questioning their love for each other. Helping clients with Hypnotherapy in High Wycombe and in many other towns its no surprise to learn that Jealousy is a hot subject.

When negative things happens, even though they were caused by the jealousy and not an outside factor the jealousy is reinforced in the jealous person. Most of the time the jealous person has an overwhelming love for their partner that they feel makes them justified in being jealous and in some cases controlling. This will result in magnifying the jealousy in their next relationship. In some cases jealousy can lead to violence including mental torture and manipulation which are two things that can quickly finish any relationship.

Hypnotherapy identifies the triggers from the present or past that leads to the outbursts. Once the triggers are identified they are dealt with. Negative thinking is replaced with positive actions that strengthen the relationship by showing the client how to build up their self esteem and confidence.

The use of hypnosis can be so profound that all jealous feelings completely disappear. When I have used Hypnotherapy in High Wycombe clinic I have personally seen some outstanding changes in people. No one need suffer from the grip of jealousy.

If someone logically tries to work it out - they are often doomed for failure because with such high emotions they are stored in our subconscious as with all emotions. And to get to the issue you need to get to the subconscious -hence the use of hypnosis can be so very powerful.

Terry Doherty is a world renowned Hypnotherapist and life coach. Find out more about his Hypnotherapy in High Wycombe practice, go to -

<http://www.mind-works.com>

. He is also the creator of

a range of Hypnosis Downloads at

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