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Treating Jealousy

By Kadence Buchanan

Even if you do not have suffered from a jealous sibling or have acted like a jealous vindictive

spoiled kid against your sister or brother when you were young and immature, you have probably heard that jealousy between siblings can be a very powerful emotion leading children and parents to deal with all sorts of unexpected "thrills." Neglected older children or "babies" that cannot get over the fact that they are not alone in world compete against each other in order to gain their parents' attention. This annoying situation can become an endless source of competition and rivalry between siblings. Thus, the following five tips were collected to assist parents in managing jealousy and bringing harmony back into their homes.

– Treat children as unique individuals Siblings do not to be treated exactly the same. When it comes to family, democratic guidance is usually advisable, but it should not be considered a "golden rule." Giving exactly the same amount of love and attention is not always feasible and in many cases it is not even wise. This is supported by the fact that children become suspicious instead of being satisfied with what parents are able to offer. Treating kids as individuals instead of equals can reduce them from counting every single act and making comparisons.

– Avoid comparisons at all costs Never compare the acts of one child with that of the other! Instead of telling them what they should be doing through using an example like that of their "good" sister or brother, it is preferable if you just state your reasoning and provide sound arguments for your position, as speaking to an adult. Creating guilt to your child will never bring the desired results and you will be facing in the future lifelong resentments and grudges that will follow them forever.

– Cultivate the unique skills of your children In order to build your child's self-esteem, foster his or her skills in a different way from that of his/her brother or sister. Children that enjoy the outcomes of their special efforts together or through the exact same way are prone to feel less loved or neglected. Set your children's successes apart and keep the necessary balance.

– Spend time alone with each kid Before regretting not spending more time with your kids, make this precious time your priority and focus on finding the time and the energy to explore the vast possibilities of spending some quality time together.

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– Decide and draw the necessary boundaries. Respect each other's stuff and premises is of extreme importance. Teaching your kids what it means to show respect to the personal space, like bedrooms, or needs, like time alone to relax, is of extreme importance in wisely parenting your children and helping them build character.

Kadence Buchanan writes articles for

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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.

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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

<http://www.double-powered-hypnosis.com>



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