

## Set Aside Jealousy Time

Working on overcoming jealousy thoughts is not a one-time thing. You'll probably find yourself having to deal with them again and again before they become less intense and come less frequently.

Setting aside jealousy time can be a great technique to gain more control over your thoughts, and focus on your life, while also honoring your thoughts and feelings.

Choose a specific time every day (e.g. 20 minutes in the evening) to deal with your jealous thoughts.

If you experience a jealous thought during the day, you can say to yourself, "I will deal with this at 5 p.m." You may also write the thought on a piece of paper or save it on your smartphone.

Using this technique will make you feel more in control and you may notice that over time, your jealous thoughts won't bother you as much.

When dealing with your jealous thoughts you may use the following questions:

Jealous thought: \_\_\_\_\_

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Questioning your jealous thought:

- What is the cost of thinking this way?

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- What is the evidence in favor of this thought?

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- Is there any evidence against this thought?

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- How would someone else interpret this?

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- If that thought were true, what would that mean to me?

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