

## Journal Prompts For Jealousy

1. What are the situations or people that tend to trigger your jealousy?

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2. What problems does jealousy cause for you?

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3. Is jealousy helpful in any way?

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4. How will your life be better if you can be less jealous?

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5. What do you think is the root cause of your feelings of jealousy?

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6. What feelings and bodily sensations do you tend to experience when your jealousy is triggered?

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7. What thoughts do you tend to experience when your jealousy is triggered?

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8. How does feeling jealous make you feel about yourself?

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9. Do you struggle to trust others in general? Why?

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10. How do you usually cope with feelings of jealousy? What healthier coping skills can you use next time?

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11. When do you think jealousy is justified and when is it not?

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12. What can you do to manage your jealousy?

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13. Make a list of things you feel grateful for.

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14. How can you show yourself more acceptance and compassion?

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15. What activities make you feel better about yourself?

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