

ENVY

FITS THE FACTS of a situation whenever:

- Another person or group has what you want or need but don't have.

When your Envy is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**:

OPPOSITE ATIONS FOR ENVY:

Do the OPPOSITE of your Envy action urges.

Example:

1. **INHIBIT DESTROYING** what the other person has.
2. **COUNT YOUR BLESSINGS**. Make a list of the things you are thankful for.



ALL-THE-WAY OPPOSITE ATIONS FOR ENVY:

3. **COUNT ALL** your blessings.
 - Avoid discounting some blessings.
 - Avoid exaggerating your deprivations.
4. Stop **EXAGGERATING** others' net worth or value; check the facts
5. **CHANGE** Your Posture:
 - (**WILLING-HANDS**)
 - (**HALF-SMILE**)
 - RELAX** chest and stomach muscles.
6. Change your **BODY CHEMISTRY**.
TIPP skills can be used for this.

