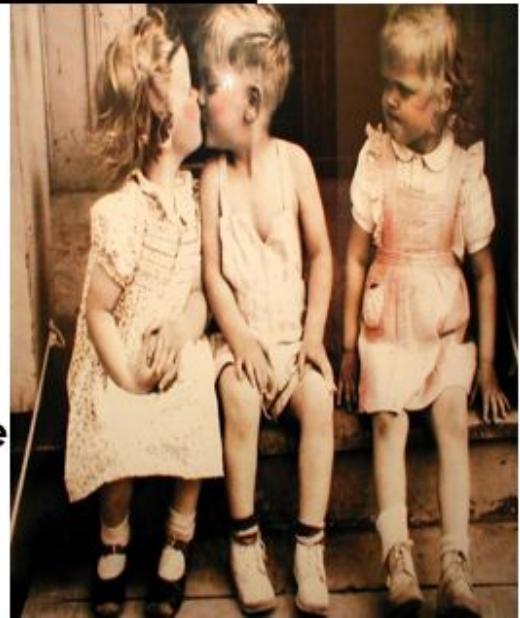


JEALOUSY

FITS THE FACTS of a situation whenever:

- Someone is threatening to take a very important and desired relationship or object away from you.
- An important and desired relationship is in danger of being damaged or lost.

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



OPPOSITE ACTIONS FOR JEALOUSY:

Do the OPPOSITE of your Jealousy action urges.

Example:

1. **LET GO** of controlling others' actions.
2. **SHARE** the things and people you have in your life.

ALL-THE-WAY OPPOSITE ACTIONS FOR JEALOUSY:

3. **STOP SPYING** or snooping.
 - Suppress probing questions (Where were you? With who?)
 - Fire your "private detective."
4. **NO AVOIDING**. Listen to all the details. Focus on sensations.
 - Keep your eyes open; look around.
 - Take in all the information about the situation.
5. Change Your **POSTURE**
6. Change your **BODY CHEMISTRY**.

