

Jealousy

The secret is out—we all get jealous. Jealousy is a totally normal emotion but when it takes over, you can find yourself doing things you're not proud of. When jealousy creeps in, you have to deal with it.

Newsflash: becoming more controlling won't actually make the jealousy go away. You have to own it (even if it doesn't feel good) and talk about your feelings. And just so we're clear—jealousy does not equal love.

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I kind of felt weird when your ex hugged you. I don't think they really respect our relationship. And sometimes it seems like you encourage them.

- ✓ *Share how their actions make you feel*
- ✓ *Remember that you like them*
- ✓ *Maybe they aren't trying to hurt you*

NOT like **THIS**



I cannot BELIEVE you! You were ALL UP in your ex's business and acting like I wasn't even there. You SUCK!

- ✗ *Start with accusations*
- ✗ *Make it bigger than it is*
- ✗ *Assume the worst*



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