

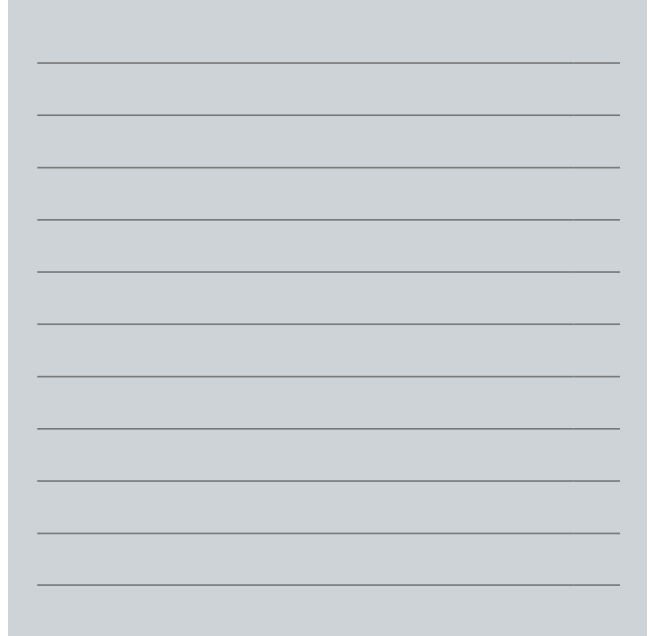
Jealousy Worksheet

When we are jealous of someone else, it is usually because they have something that we want but, for some reason, have convinced ourselves that we can't have. We are inspired by them, but at the same time, we feel threatened by them.

Who am I jealous of?



Why am I jealous of them? What do they have that I am jealous of?



Why can't I have the thing that I am jealous of?



Do I really want to the thing I am jealous of? If so, How can I get it?

