

# Jealousy and Envy

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II – 3 BSE English




Doe, a deer, a female deer  
Ray, a drop of golden sun  
Me, a name I call myself  
Far, a long, long way to run  
Sew, a needle pulling thread  
La, a note to follow Sew  
Tea, a drink with jam and bread  
That will bring us back to Do (oh-oh-  
oh)



# Jealousy

- ✓ mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc., as in love or aims.
- ✓ vigilance in maintaining or guarding something.

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- Jealousy happens when a person feels that a relationship that is of importance is threatened by someone else outside of the relationship, be it romantic, platonic, friendship, parent-child, sibling etc.
  - Jealousy can also occur in the context of competitive situations, such as the workplace or education.

Jealousy

# Sibling Rivalry

□ Siblings may compare their accomplishments with one another, vie for the majority of their parents' affection, and compete to play with the same toy.



## Types of Jealousy

# Workplace Jealousy

- Work jealousy arises between colleagues vying for the same type of position.
- He may feel especially jealous if he felt that he worked more diligently to earn accolades that were only awarded to the other.



## Types of Jealousy

# Romantic Jealousy

- Romantic jealousy is common because strong emotional bonds leave partners open to potential extreme heartbreak.
- Even the sight of an outlying person may cause a normal partner to be concerned that they will “upgrade” to a better model.



## Types of Jealousy

# Platonic Jealousy

□ Jealousy arises in friendships due to the same insecurities found in other relationships:

- feelings of comparison
- a fear of being replaced
- feelings of competition




## Types of Jealousy



- ❖ Distrust
- ❖ Unfair Comparisons
- ❖ Separation Anxiety
- ❖ Powerlessness
- ❖ Acts of Infidelity
- ❖ Fear
- ❖ Lack of self confidence

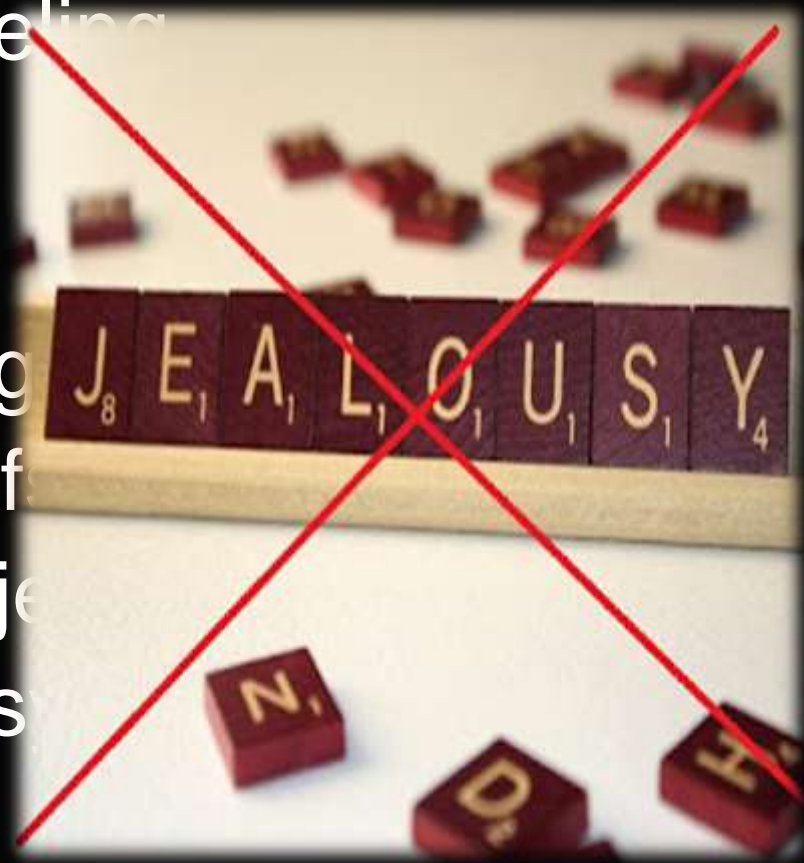


## Causes of Jealousy

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- Controlling Behavior
  - Constant Communication
  - The Cold Shoulder
  - Odd Behavior
  - Confrontation
  - Avoidance
  - Competitive Behavior

## Signs of Jealousy

- Fully experience the feelings.
- Love yourself.
- Stop comparing.
- Find what is threatening.
- Change any false beliefs that might be fueling your jealousy.
- Learn from your jealous thoughts.
- Trust yourself.



## Overcoming Jealousy

# Envy

➤ A feeling of discontent and resentment aroused by and in conjunction with desire for the possessions or qualities of another.

➤ Envy is pain at the good fortune of others.  
(Aristotle, *Rhetoric*, Bk II, Chapter 10)



# Envy

- Envy is that passion which views with malignant dislike the superiority of those who are really entitled to all the superiority they possess. (Adam Smith, *The Theory of Moral Sentiments*, p. 244)



# Causes of Envy

- Dissatisfaction
- Comparison to others.
- Pride
- Seeking significance/Low self-esteem
- Desire for worldly gain. Seeking money, appearance, status, achievements, or talents that are of only temporary value.



# Signs of Envy

- ✓ Downplaying success
- ✓ Possessiveness
- ✓ Insults
- ✓ Talks your name with others
- ✓ One-up



# Overcoming Envy

- Be honest.
- Develop a lifestyle of gratitude.
- Avoid activities that encourage comparison.
- Ask yourself why.
- Take a step back.
- Grow.
- Stop judging yourself so harshly





## Dealing with envious person

- Understand his/her perspective.
- Speak to him/her.
- Keep an eye out
- Reality Check



Is Jealousy and Envy different?



# Difference between ENVY AND JEALOUSY

## Envy

- A person being envious of another.
- Envy occurs when you covet something that another person has or is striving to obtain.
- Envy generally brings strong emotional reactions related to anger and deceit.
- I envy her possessions or situation.

## • JEALOUSY

- Jealousy is about more than two people and involves the preservation of special friendships because of the involvement of others.
- Jealousy manifests when you fear the loss of someone or something already in your life.
- Jealousy can very often bring about paranoia, feelings of insecurity and fear.
- I am jealous that you like her over me.

- It is possible to experience both jealousy and envy at the same time.
- For example:  
You could be jealous of the attention your boyfriend is getting from a female who you envy for her physical qualities.

- The philosopher John Rawls distinguishes between jealousy and envy on the grounds that jealousy involves the wish to keep what one has and envy the wish to get what one does not have.



**“Never hate jealous people.  
They are jealous because  
they think you are better  
than them.”**

**~ Paulo Coelho**  
[www.AwesomeQuotes4u.com](http://www.AwesomeQuotes4u.com)



**JEALOUSY IS  
JUST A LACK  
OF  
SELF-CONFIDENCE.**



**LET AGE, NOT  
ENVY, DRAW  
WRINKLES ON  
THY CHEEKS.**

Thomas Browne

[PICTUREQUOTES.COM](http://PICTUREQUOTES.COM)

**THANK YOU**



**AUDIENCE**



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