My Jealousy and Envy Map

Slow the feeling down: what set it off, which emotion it is, and whether it fits the facts.

Name: _____ **Date:** _____

1 What set it off

Facts first, then the story your mind added

What I saw, heard, read or imagined:

The story my mind told me about it:

2 Jealousy or envy?

Tick the one that fits best. Many moments hold both.

- ☐ Jealousy: I am afraid of losing someone (or their attention) to a rival
- ☐ Envy: someone has something I want and do not have
- ☐ Both
- ☐ Not sure yet

How strong is it right now (0 to 10)? 0 1 2 3 4 5 6 7 8 9 10

3 What I feel underneath

Tick all that apply. Name it to tame it.

- ☐ Fear of losing them
- ☐ Anxiety
- ☐ Feeling not good enough
- ☐ Resentment
- ☐ Sadness or loneliness
- ☐ Distrust or suspicion
- ☐ Anger
- ☐ Longing for what they have
- ☐ Shame about feeling this
- ☐ Other:

4 Urges and what I actually did

Urges are not orders. Tick what you felt pulled to do, circle what you did.

- ☐ Check their phone, location or messages
- ☐ Ask for reassurance over and over
- ☐ Put them or the rival down
- ☐ Work toward what I want
- ☐ Question them again and again
- ☐ Scroll and compare
- ☐ Withdraw, sulk or go silent
- ☐ Say what I feel, calmly

5 Check the facts

Does the emotion, and its intensity, fit what is actually happening?

Facts that support my fear or my sense of unfairness:

Facts against it, or other explanations:

What would a fair friend say about this?

If it does fit, the most effective thing I can do:

It fits the facts: ☐ Yes ☐ Partly ☐ No

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My Jealousy and Envy Plan

Use the feeling as information about what you want or need, without letting the urges drive.

Name: _____ **Date:** _____

1 If it is envy: what it tells me I want

Level yourself up, not them down

What they have that I want (be specific):

Why it matters to me (the value underneath):

One small step toward it this week:

2 If it is jealousy: what I need

Say the fear and the need, not the accusation

What I am afraid of losing:

In one calm sentence: "I feel ..., I need ..."

Something I can do on my own to feel more secure:

3 Urges I will not act on, and what I will do instead

Delay the urge, then choose an action that fits your values

When I feel the urge to...	I will do this instead...

4 Comparison triggers and my limits

Apps, accounts, places or people that set it off

What sets it off most:

My limit (for example, no scrolling after 9 pm):

5 My 4 week check

How often it showed up, how strong, whether I acted on the urge

Week 1	Week 2	Week 3	Week 4
Times:	Times:	Times:	Times:
Strength:	Strength:	Strength:	Strength:
Acted on it:	Acted on it:	Acted on it:	Acted on it:

Good to know

1. Not a test or a diagnosis. This page is not a published jealousy or envy scale and gives no score.
2. Feeling jealous or envious does not make you a bad person. What you do with the urge is what matters.
3. Controlling a partner, or extreme jealousy of their friends and time apart, can be a sign of abuse. If that is happening to you, or you cannot stop doing it, get support.

In the US: call or text 988 in a crisis. Domestic violence: 1-800-799-7233 or text START to 88788.

I will review this plan on: _____

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