
EMOTIONAL HEALTH

The Jealousy Workbook

Understanding the root of jealousy and managing it before it destroys your relationship.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Jealousy Is Information

Jealousy is not inherently bad. It is a signal. The question is: what is it signaling? Insecurity? A legitimate boundary violation? Past trauma? Fear of loss? The emotion itself is neutral. What you do with it determines whether it protects your relationship or poisons it.

Insecurity-driven jealousy.

This comes from inside you, not from your partner's behavior. Low self-esteem, comparison, fear that you are not enough. Your partner could be doing everything right and you would still feel threatened.

Experience-driven jealousy.

Past betrayal (in this relationship or a previous one) has wired your brain to scan for threats. Every late text, every unexplained absence triggers the alarm.

Boundary-driven jealousy.

Your partner is actually doing something that crosses a line. A flirtatious friendship, secrecy, emotional unavailability. This is not paranoia. This is pattern recognition.

Control-driven jealousy.

This is not really about fear of loss. It is about ownership. Monitoring their phone, controlling who they see, getting angry when they spend time with others. This is a red flag.

What to Do

Name the type.

Which of the four types is driving your jealousy? Be honest. The solution depends on the diagnosis.

Talk about it without accusing.

'I have been feeling jealous and I want to talk about it' is healthy. 'Who were you texting?' is interrogation.

Address the root.

If it is insecurity, work on yourself. If it is past trauma, get support. If it is a boundary violation, set the boundary. If it is control, get help immediately.

Build trust behaviors.

Transparency, consistency, check-ins. Not as surveillance, but as reassurance while the jealousy is being managed.

EXERCISE: The Jealousy Map

Get underneath the feeling.

When was the last time I felt jealous? What triggered it?

Which type of jealousy is it? (insecurity / experience / boundary / control)

Is my jealousy based on evidence or assumption?

What am I actually afraid of?

Have I communicated this to my partner? What happened?

What would I need to feel secure?
