When jealousy shows up

Record a jealous moment: the trigger, the urge and what you did.

Name _____ Date _____

What set it off (what I saw, heard or imagined)

What my mind told me

How strong was the feeling?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Mild — Overwhelming

What I felt like doing

- [ ] Checking a phone, email or social media
- [ ] Asking questions I have asked before
- [ ] Looking for reassurance
- [ ] Accusing or testing
- [ ] Following, or turning up unannounced
- [ ] Going quiet or pulling away
- [ ] Comparing myself with someone
- [ ] Something else

What I know for a fact

What I am guessing or fearing

What I would say to a friend who told me this

What I did instead of acting on the urge, or what I will try next time

An hour later: how strong was the feeling, and what did I learn?

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