Dr. Henry Cloud

SOLUTIONS

S-982

Outline

Jealousy

Jealousy is often confused with Envy, but they are two very different things! Jealousy is a painful emotion having to do with the fear of losing someone or their affection to someone else. In jealousy, there is a triangle involving you, someone you want or love, and a third party who threatens to take what you want. Jealousy leaves us feeling very vulnerable. There are situations in which jealousy is appropriate, such as when it involves protecting someone we love. However, when there is no real reason for it, jealousy can create serious problems in our relationships. Join Dr. Cloud as he helps you look at different aspects of jealousy - when it is real, when it isn't based in reality - and how you can handle this emotion in your own life and relationships.

Small group discussion questions:

1) When are you likely to feel jealous?

2) What do you do when you feel jealous? How do you act it out?

3) What kind of healing do you need to do?