



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

JEALOUSY...

jeal·ous·y — *covetousness, bitterness, spite; suspicion, suspiciousness, distrust, mistrust, insecurity, anxiety possessiveness, overprotectiveness.*

EnvY and Jealousy are closely related, however a connotation difference exists. Webster’s definition of the difference between to two is, "Envy denotes a longing to possess something awarded to or achieved by another. . . Jealousy, on the other hand, denotes a feeling of resentment that another has gained something that one more rightfully deserves. Jealousy also refers to anguish caused by fear of losing someone or something to a rival."

Jealousy relates to the loss of something the person already possesses whereas envy is the desire for something the person does not possess. However, it can be argued that in some circumstances jealousy and envy may be virtually identical.

Jealousy can be unhealthy or healthy, depending on your motivation. Unhealthy jealousy stems from fear, insecurity, deception, or covetousness. When you feel yourself acting out in jealousy, you need to examine the reason why you feel jealous.

- Unhealthy Jealousy manifests itself through lies, threats, self-pity, and feelings of inadequacy, inferiority and insecurity.
- Healthy Jealousy is a means to guard your territory and comes from a sincere care and commitment to a relationship.
- Example of Unhealthy Jealousy; when one is jealous of the friendship of another (wants it to be exclusive), the happiness of the friend counts for little or nothing unless such happiness comes through the jealous one. Such is not true love, it is pure selfishness. When a friend is happy we ought to rejoice in his or her happiness, no matter from what source it springs. It is clear, then, that jealousy is a sadness that springs from inordinate love of self rather than from true love of another, and it deprives one of happiness instead of giving it. Friendships, unlike the relationship of spouses, do not confer the exclusive right of possession.
- Example of Healthy Jealousy; feeling jealous can remind us of things we want and stir up competitive energy and motivation to take action, and by cultivating that, you can also be building a platform for your own success.

A Solution

Jealousy is a basic instinct related to the need to possess especially within relationships and that the more people try to help one another rather than compete, the less jealousy is experienced.

The Art of Emotional Composure

When the feelings of jealousy are present – the answer to changing that negative emotion is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – turn the negative into a positive and take action!

Robert Rudelic, BS, NMT, MES

