CHECKLIST · RELATIONSHIP

FREE PREVIEW

Overcoming Jealousy

Addressing jealousy fosters trust and emotional security in relationships. Use this checklist to manage and reduce feelings of jealousy.

10 steps | Print-ready A4



NAME	START	TARGET DATE

1 Identify the Root Cause

Reflect on what's triggering your jealousy and why.

TIP *Journal about your feelings to uncover underlying insecurities or fears.*

2 Communicate Your Feelings

Discuss your concerns with your partner calmly and without accusation.

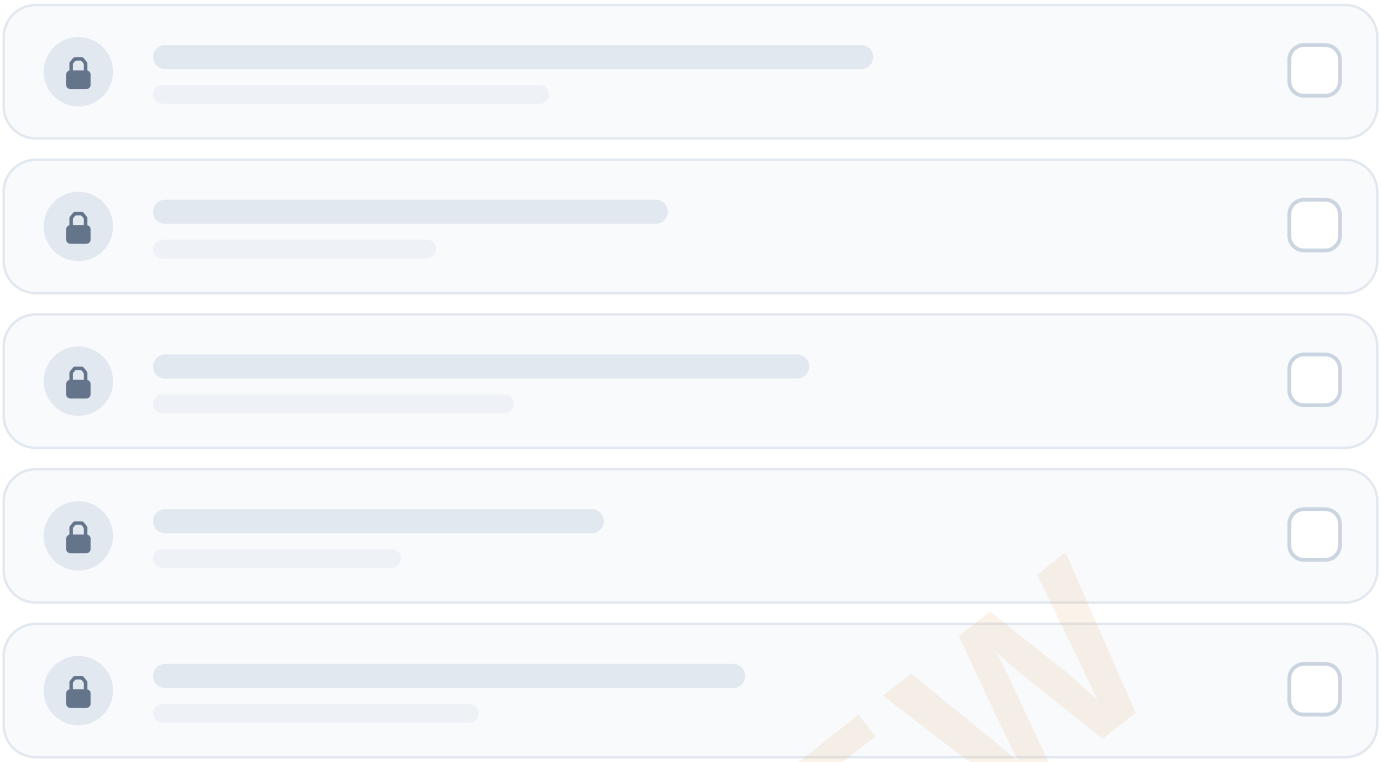
EXAMPLE *"I feel insecure when you spend time with your coworker because I worry about our connection."*

3 Challenge Negative Thoughts

Replace irrational beliefs with constructive, positive perspectives.

TIP *Ask yourself, "What evidence supports or contradicts this thought?"*

PREVIEW



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