

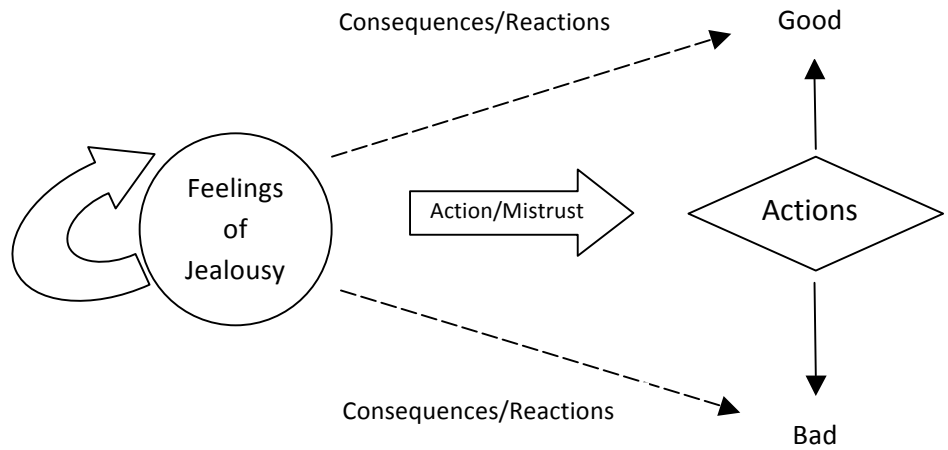
Lesson 6

Feelings: JEALOUSY

Activity 1

Activity: Look at the chart below, and think about good and bad actions that can come from your jealousy. Which actions might best resolve your feelings of jealousy?

This arrow represents the way in which you process your feelings of jealousy. Do you make yourself upset by thinking about these feelings over and over again? Or could you process the feelings and choose an action that might help you feel better?



ACTIVITY: What Jealousy Makes Us Do

Read the following actions that a person might do in response to feelings of jealousy. Is the act ethical or unethical? Is it justified? Justified but unethical? Explain.

Act	Ethical or not?	Is it justified?	Justified but unethical?
You ask friends to watch your boyfriend/girlfriend at a party you won't be attending			
You read his/her emails (because you know the password)			
You find out that he/she cheated and you beat up the third person			
You confront your partner with a list of accusations			

You check your partner's facebook wall			
You drive by your partner's house to see what time he/she gets home			
You ask your partner's friend about his/her behavior			
You act cold and aloof to your partner when you think he or she has been flirting with someone else			
You flirt with someone else to make him or her jealous			
You check his/her call log			
You get revenge by scratching his/her car			