



We perceive a threat to our relationship, experience anxiety in our bodies, and make sense of this emotion by labeling it jealousy.

When our bodies perceive a threat, they initiate a non-conscious reaction: this may feel like anxiety, or the "fight or flight" response.

Relationships are critical to our well-being: therefore, a threat to a relationship may feel like a threat to our safety.

Jealousy is an emotion that often occurs when we perceive a threat to a relationship.

### What is jealousy?

#### What does jealousy feel like?

Emotionally, jealousy can feel like:

- Inadequacy
  - Anger
  - Fear or anxiety
  - Betrayal
  - Humiliation
- Physically, jealousy creates sensations like:
- Racing heart, high adrenaline
  - Heart-drop feeling
  - Headaches
  - Dizziness or nausea
  - Exhaustion or weakness



For instance, you might have the sensation of your heart dropping when you hear bad news, and your mind creates the experience of "feeling sad" to explain that sensation.



2. Your brain creates emotions to make sense of that physical experience.

1. Your body undergoes a physical reaction to the outside world, and

emotions may be something we do in response to stimuli.

We tend to think that emotions happen to us, but this theory suggests that

### The James-Lange Theory of Emotion

#### Reactions to jealousy:

Jealousy often motivates a reaction (remember: your mind is perceiving a threat, and activating your body to quickly respond).

Some of these reactions are:

**Urgency:** There is often a sense that we need to respond immediately to jealousy

**Blame:** Jealousy might provoke us to project blame onto a partner, in order to motivate them to react urgently to the sensation.

**Possessiveness:** Experiencing jealousy might make us feel as if we need to cling to or control the actions of a partner

**Withdrawal:** Jealousy might make us feel the need to withdraw or self-isolate in order to protect ourselves

### The Psychology of Jealousy

A zine exploring the validity, regularity, and psychology of the emotion of jealousy.



a queer sex ed community curriculum

You shouldn't be afraid or ashamed of "being jealous."

Jealousy occurs in most relationships; it is both natural and normal.

We often think of jealousy only in romantic relationships, but jealousy can be everywhere. For example, jealousy can occur between friends, siblings, even parent and child relationships.

Jealousy isn't a harmful or dysfunctional emotion to experience.

Feelings happen to everyone; our minds are constantly making sense of the world around us, and feelings are an essential component of experiencing life.



coming next week!

Check out Part II of this zine,

Too long for just one zine!

answer.

That's a good question with a long

### How should I deal with jealousy?

#### When does jealousy become harmful?

Jealousy is just an emotion, and emotions aren't inherently helpful or harmful. However, **jealous emotions can become dangerous or toxic when we act on them.**

When we act on the feeling of urgency that often accompanies jealousy, we **materialize it into our relationships**. All of a sudden there is something that needs to be fixed and dealt with immediately.

When we recognize that **jealousy is an emotion and not an immediate problem that needs to be solved**, we can diminish some of the power that we give to this emotion.

