



Jealousy

Purpose of Presentation:

So many times problems develop in a marriage because of some little misunderstanding. There are many subjects for understanding which can be a cause of problems in our marriage. Today we are going to look at one subject for understanding – jealousy. We are not going to evaluate it or judge it. We are only going to examine jealousy as we see it in ourselves and as we have experienced it and then share these experiences and feelings. The purpose of this talk then is to gain a better understanding of jealousy and our jealous feelings through this introspection and sharing.

Preparation for Meeting by Presenting Couple:

A. Do your personal reflection and dialogue on the following questions:

1. *When do I feel jealous?*
2. *How do I feel when I make you jealous – consciously or unconsciously?*
3. *How do I feel when you tell me you are jealous?*

4. *How have we dealt with jealousy in our relationship?*
5. *What do you say or do that threatens my feelings of adequacy?*
6. *What affects my feelings of inadequacy?*

- B. Telephone questions 1, 3, 5 and 6 to your contact and host couples in advance, so that they can phone them to couples in your Circle to dialogue on before the meeting.
- C. Questions 2 and 4 are good questions to give the couples after your Circle meeting to dialogue on at home.
- D. When writing your talk use feelings and experiences from your own marriage to make your talk real and belonging only to you. Make your examples simple.
- E. Remember that the most important part of the talk is you! and what you share of yourself and your feelings. If you are open and honest your talk will be terrific! Limit your talk to 20 minutes.
- F. Personalize by saying “I” or “me” rather than “you”. It is often the little



everyday feelings in our life that bring us closest, rather than the big, traumatic events.

G. Dialogue makes all the above possible.

OUTLINE OF TALK

I. Introduction: *(Suggested time, 2 min. each spouse)*

- A. State "purpose" as explained above.
- B. Explain your own feelings about the purpose.

II. Body of Talk: *(Suggested time: 15 min. both spouses combined)*

- A. Define jealousy. How does jealousy relate to you as an individual; as a couple? How do I feel when I feel jealous?
- B. Reason why jealousy is a subject for understanding. Wife and husband should give personal examples of jealousy and their feelings. Consider some hidden jealousies, such as being jealous of things like the newspaper, going fishing, work, the children and their freedom, material possessions. Be honest — share your feelings.
- C. Recognition of jealousy.

- 1. Why am I jealous? Does my jealousy affect my self-image or vice-versa?
- 2. Can I accept myself as I am?
- 3. How can I handle jealousy? How does it affect my behavior?

D. Feelings of jealousy and my feelings from jealousy.

- 1. Feelings are neither right nor wrong. I must learn to recognize and understand them.
- 2. Do I manipulate to make my spouse jealous?

III. Conclusion: *(Suggested time, 3 min. for each spouse)*

End talk on a positive note. How have I recognized my feelings on jealousy, accepted them, and grown as a person from the experience? How does this make me feel about myself and our unity?

The Meeting

Dialogue and Sharing Question: How do I handle my jealous feelings constructively?

Suggested Scripture Reading: Luke 15:25-30