

THE JORDAN HARBINGER SHOW

Worksheet for Duana Welch | The Science of Jealousy and How to Manage It (Episode 37)

Jealousy. It's an ugly emotion capable of ruining dinner parties, igniting fistfights, breaking up lifelong friendships, and wrecking marriages. But it also happens to be as natural a part of our human makeup as upright posture and Facebook divisiveness.

Joining us for [episode 37](#) to explain the evolutionary purpose of jealousy and how we can use it for positive outcomes rather than allowing it to ruin our lives is Dr. Duana Welch, [Love Science](#) blogger and author of [Love Actually: 10 Proven Steps from I Wish to I Do](#).

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Jealousy vs. Envy

Jordan and Duana begin by distinguishing between jealousy and envy. Duana points out that envy is directed towards things we don't have but would like to have, whereas jealousy is being scared about losing something we already have.

What is it that you're envious about, if anything? What are you jealous about, if anything? If the answer to either of these is “yes,” why is that? Try to be as detailed as possible.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompts above.

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Positive Responses to Jealousy

Jordan and Duana discuss the idea of jealousy being a “smoke alarm,” a way to indicate in a non-threatening way that there *may be* a problem. A positive way that both men and women can respond is with more love and attention.

What are the ways that you deal with jealousy? Are you happy with them? Why or why not?

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Mating Centrism

Duana tells a story about a man who was casually seeing someone who saw her at a bar with another guy. He realized that he really wanted her, and his response was to come back to the same bar the following week with two girls.

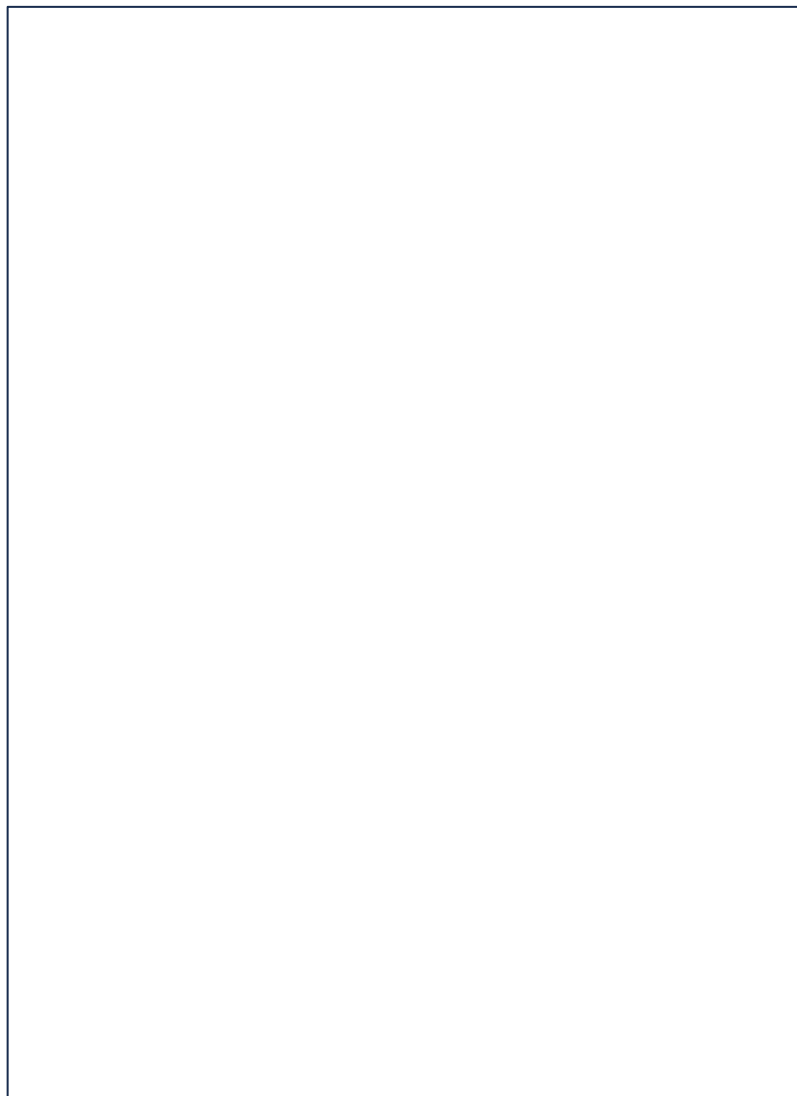
The girl he was really interested in never spoke to him again.

He was “mating centric,” that is, he thought about a response to jealousy in regards to what *he* would respond to, not what a woman would want to see.

Are you guilty of being mating-centric in your responses to jealousy? If so, can you recall at least one specific instance in which you did so?

Rewrite the event with a more educated response, using tools and tips from this episode.

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Full show notes and resources for this episode [can be found here](#).

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About



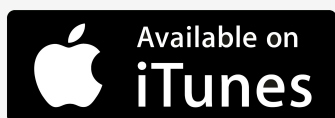
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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