

How to Disarm the Green Monster in 30 Seconds

The Green Monster. Jealousy. Envy. It takes over me, swamps me with resentment, and paralyzes me with my hatred toward myself.

How do I get rid of it? I Dissect it and Disarm it.

Step 1: Observe it.

Easy-peasy, I want what she has. I. Feel. Jealous.

Step 2: Accept that you feel inferior. It's an Inferiority Complex! I want [blank], I want to be [blank], I want to do [blank], I want to have [blank].

Conclusion: I am Inferior if I don't have [blank].

I am putting myself in an inferior position and the object of my jealousy in a superior position.

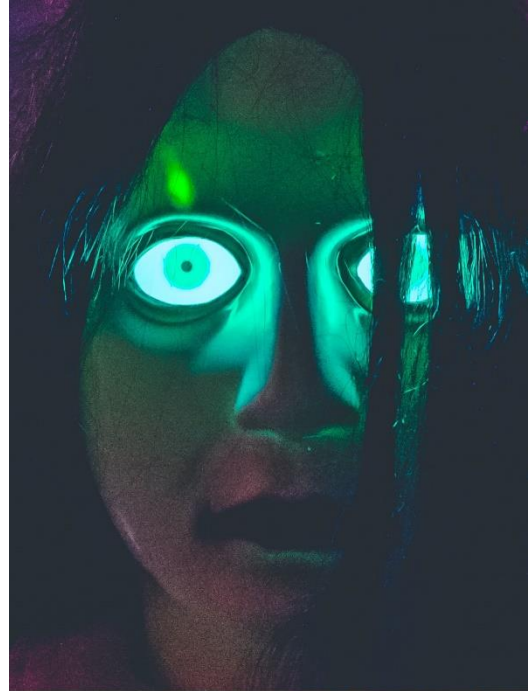


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Step 3: Become aware of the Payoff. The origin of the Anger and Resentment.

"I Deserve [blank]"

"She does not deserve [blank]"

"She has it and I don't so I'm angry because I deserve it and she doesn't."

The Payoff is that it elevates me to feel Less Inferior, and since she doesn't deserve it, she is Less Superior.

Step 4: Acknowledge that the Conclusion in Step 2 is FALSE.

"I am NOT inferior because I don't have [blank]!" Say it over and over, out loud.

It's INCONGRUENT. It's an Untruth. A Fallacy. It's downright IGNORANT.

Step 5. Let it go. Envy is ego-based, the flip side is Pride. Let go of the Fear that I am not worthy, I am! Let go of the Judgement that the object of my jealousy is Undeserving, who cares!

Replace my Fear with Celebration. Celebration is freeing. Celebration is generosity. I lose nothing and gain freedom. Celebration liberates me from Judging Worthiness, mine or anyone else. I become an equal opportunity giver.

I have the steps printed out on a notecard, in my purse. When the Green Monster lurks, I Dissect and Disarm.