



It can tell us a lot about the things... we miss, wish to have, or are worried about. So whenever you feel a sting of jealousy, contemplate over one thing: "Perhaps you want "it" for yourself?"

Then, ask yourself a question what you can do to have "it" too?



Watch out! Be careful when it comes to the feeling of annoyance -> if you're annoyed by something neutral or positive, and it's hard to explain why, then you might actually be envious of that thing.



So, for example, when your friend is thrilled about their new hobby, and you find this annoying, then perhaps you long for something exciting in your life. Perhaps your life has become a string of routine?

Why can jealousy help you? ❄️