

LETTING GO OF JEALOUSY



A guide to help you build your self-worth
and say goodbye to jealousy.

By Sol Sxxology



HELLO THERE!

I'm Solène, your companion on this self-discovery journey. I am thrilled to accompany you for the next couple of days, where you'll find enlightenment and balance.

This workbook is designed as a guide to cultivating self-worth and intentional growth over the course of seven days, enhancing your emotional well-being, relationship confidence, and self-compassion.

Solène Fortin

www.solsxxology.com

WHAT IS JEALOUSY ?

Jealousy often gets a bad reputation in relationships. It's one of those emotions we're told we shouldn't feel — that it's immature, possessive, or a sign of a weak relationship. But here's the truth: **jealousy is a completely normal, human emotion, especially when it comes to love and intimacy.**

In this workbook, I want to invite you to look at jealousy differently. I believe jealousy isn't a flaw in you or your relationship — **it's a message.** It usually appears when something triggers a fear of being replaced, abandoned, or not being “enough” for the person we care about. And most of the time, those fears aren't really about the other person... **they're about how we see ourselves.**

Our sense of self-worth plays a huge role in how jealousy shows up in our relationships. When we feel **grounded, valued, and secure in ourselves, we're less likely to see other people or situations as threats.** But when our confidence wobbles — when we question our value, our desirability, or our place in our partner's heart — jealousy tends to grow louder.

And while it's normal to experience jealousy, it's important to remember that possessive or controlling behaviors that sometimes come with jealousy aren't proof of love. They're signs of discomfort, fear, or unmet needs that haven't been addressed. **Love thrives in freedom, trust, and mutual respect** — not in ownership or restriction.

That's why this workbook isn't about pretending jealousy doesn't exist, or shaming ourselves for feeling it. It's about understanding where it comes from, how it impacts our relationships, and how we can respond to it in ways that strengthen both our self-worth and our connection with our partner.

You deserve to feel secure, loved, and enough — not just in your relationship, but within yourself. And that's exactly where we're going to start.

TABLE OF CONTENTS

01

Understanding Jealousy

02

Recognizing Jealousy

03

Identifying Jealousy

04

Understanding Jealousy

05

Jealous Thoughts

06

Jealousy

07

Jealousy

CHAPTER

01

UNDERSTANDING JEALOUSY

Objective: Gain clarity on jealousy and its root causes.

WRITE A LIST OF SITUATIONS WHERE YOU FEEL
JEALOUS AND IDENTIFY THE EMOTIONS BEHIND
THEM (GO TO ANNEXE 1 FOR THE FEELINGS
WHEEL).

<u>SITUATION</u>	<u>EMOTIONS</u>
<u>SITUATION</u>	<u>EMOTIONS</u>
<u>SITUATION</u>	<u>EMOTIONS</u>
<u>SITUATION</u>	<u>EMOTIONS</u>
<u>SITUATION</u>	<u>EMOTIONS</u>

EXTRA THOUGHTS

WHAT TRIGGERS MY JEALOUSY, AND WHAT DOES IT SAY ABOUT MY UNMET NEEDS OR FEARS?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

✨ Ready to Go Deeper?

If this first chapter spoke to you, know that it's just the beginning. The full version of this workbook is packed with tools, exercises, and reflections designed to help you understand your jealousy, strengthen your self-worth, and build healthier, more secure connections in your relationship.

When you're ready to dive deeper and reclaim your sense of peace and confidence in love, you'll find the full workbook waiting for you on my website.



The Feelings Wheel

