

Name \_\_\_\_\_

## Understanding Jealousy and Envy: Dealing with Green-Eyed Monsters

### Open-Ended Response Questions

1. Think of a situation where you experienced jealousy or envy. Describe the feelings you had and how you eventually dealt with those emotions.
2. Give an example of how practicing gratitude has helped you in your life. Explain the impact it had on your overall outlook.
3. Imagine a scenario where a friend is jealous of your success. How would you approach a conversation with that friend to address their feelings and maintain a healthy friendship?
4. Reflect on a time when you set a realistic goal for yourself and worked hard to achieve it. What did you learn from that experience, and how did it affect your self-esteem?

