

Dating Challenge: Overcoming Jealousy

Six dating and relationship tips to rid yourself of jealousy

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It's the feeling that wells up inside when a date speaks highly of an attractive coworker or when your soul mate seems a little too happy to see an ex at a party -- it's [dating jealousy](#) and it can take hold of you so fast and so hard that it leaves you and your relationship destroyed. Don't let jealousy take over your life: Follow these dating steps toward overcoming the green-eyed monster in you.

1. Leave the Players and the Flirts Behind

One of the best ways to overcome jealousy is to not get involved with flirts and players. There are singles out there who will thrive on making you jealous because they like the dating drama and attention. If you're jealous, they know that you are constantly obsessing over them and dwelling on them. By provoking your jealousy, they've just made themselves

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the center of your universe. Instead, be smart -- kick them out of your universe and [find a better date](#).

2. Determine if You're Jealous in This Relationship or Every Relationship

In order to overcome jealousy, you've got to figure out whether you're being real or being paranoid. Normal jealousy can actually serve a purpose. It's there to alert you to a partner's possible infidelity -- a threat to the relationship. Is your relationship actually being threatened or is the jealousy in your head only? A good way to figure out if there's a basis to your jealousy is to reflect on your past relationships. Are you always jealous even if you haven't had a reason to be? Do you have [trust issues](#) in every relationship or just this one? Also, talk to some friends or family who can be objective about the situation and help you sort out your jealous feelings -- a counselor can also be helpful with this.

3. Get Confident in Dating

The source of a lot of the jealousy has nothing to do with what your date does; it lies within you. If you're upset because your date drools a little when he or she sees a fashion model or celebrity in a magazine, don't start comparing yourself to that image. Work on your [dating confidence](#) and focus on all you have to offer. Then, your envy of others will dramatically decrease.

4. Talk It Through

Learn to communicate your jealous feelings in a healthy way. For instance, let your mate know that you're jealous about the amount of time the attractive coworker gets to spend with him or her. Make sure as you're talking, you're not accusing. Accusing makes any person defensive, and you won't get anywhere.

5. Draw the Line

Particularly, if you are in a monogamous relationship with someone, you need to establish what behaviors are acceptable to you and what behaviors will bring out the green-eyed monster in you. Are you okay with your partner constantly texting a single man -- or single woman? Will that send you over the edge? How do you feel about your partner dancing with someone else at a club when you aren't around? Establishing reasonable boundaries and respecting them gets both of you on the same playing field. The keyword here is reasonable. Setting a boundary like "Don't talk to any single men -- or single women -- you work with" is an impossible and smothering line to draw.

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6. Strengthen Your Relationship in Other Ways

If you're overly jealous when there isn't a whole lot of reason to be, it means that your relationship isn't as strong as it should be. You need to evaluate what's lacking. Are you not spending enough quality time together? Has the passion died down over the years? Once you identify what's really concerning you, then you can address it with your partner and work on strengthening the relationship rather than wasting time and energy on empty jealous feelings.

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