

Jealousy: The Green-Eyed Monster

Sometimes we just can't help it!

We are going on living our happy, fulfilled lives – confident and assured in every way possible, and voila! Just a tiniest bit of provocation, a mere trigger of an event – and jealousy rears its ugly face. It's the Green-eyed Monster all right – an emotional turmoil that destroys relationships and years and years of happiness in a moment!

Envy, resentment, spite, greed – these are all the different aspects of our lives that are brought on by jealousy. It fills our minds with negative thoughts and ideas of hurting someone we love, destroys all traces of love and affection we feel for them and wounds the ones we care for and who cares for us.

Jealousy is everywhere – in our homes, in the works, in schools and hospitals, in every aspect of our lives. Whether we are jealous of the new Barbie that our best friend got for her birthday, or our brother's new girlfriend; whether we are jealous of our new stepmother, or the new baby in the family, the success of a sibling or the promotion of a colleague – there are innumerable reasons to be jealous of others in our commercialized and fast-paced life.

But perhaps the most harmful effect of jealousy is seen in relationships, especially romantic relationships. Let's look at the scenario below to see how.

Scenario#1

Peter and Rosa have been going out with each other for around 15 months and they both knew that a formal proposal of marriage was just around the corner. In fact Peter had already decided on the location and the setting and has bought a ring for the occasion, too.

At a party one weekend, someone mentioned Tom, Rosa's boyfriend before Peter. Rosa dismissed the topic with a casual, "I heard he was doing good at his new job."

A simple statement, but it caught Peter's attention. 'How did Rosa know how he was doing?' He became certain that his girlfriend was still in contact with her ex. She

had told him at the beginning of their relationship that she had a hard time getting over Tom. Perhaps she was still in love with Tom! Perhaps she never really got over him? Was she still seeing Tom behind his back? Was she cheating on him?

Peter became insanely jealous of a relationship that died two and half years ago. The wedding ring he had bought stayed in its box. A bewildered Rosa swore that she wasn't having an affair with a 'Tom'. She gave up trying to make him understand after a while. They broke up two months later.

See how in just a moment, insecurity and jealousy destroyed a relationship of 15 months? Jealousy is an obscene human vice that rears its ugly head in our lives when we least expect it to, and destroys all that we hold precious. Peter was serenely happy with Rosa until a small doubt arose in his mind and instead of trying to think about it rationally, his jealousy got the better of him and destroyed his relationship altogether.

We have another example for you below!

Scenario#2

Parker and Edith got divorced and a year later, he started dating Emily; eventually, the two moved in together. Parker and Edith had a daughter together and a amiable divorce and they had managed to stay on good terms, more for the sake of their daughter, Sarah.

Emily had never been comfortable with the fact that Parker and Edith got on well even after the divorce. From the beginning of her relationship with him, Emily has been extremely jealous of Edith and her ability to be a big part of Parker's life, albeit due to Sarah.

She regularly accused Parker of spending more time with Edith and Sarah than with her, especially the weekends. She accused him of still having feelings for his ex-wife even though the divorce was initially from his side. She desperately tried to stop Parker from seeing Sarah - i.e., come into contact with Edith - on a number of occasions. Failing to do so, she proposed to him that they move to another city.

Parker was a doting father and he chose his daughter. Eventually he broke up with Emily and the two went on separate paths.

When jealousy arises on a person's mind, it clouds their judgment. Like in Emily's case, she confused Parker's love for his daughter to be feelings for his ex-wife. It made her into a psychotic person who sought to separate a father from his daughter because of her insane jealousy.