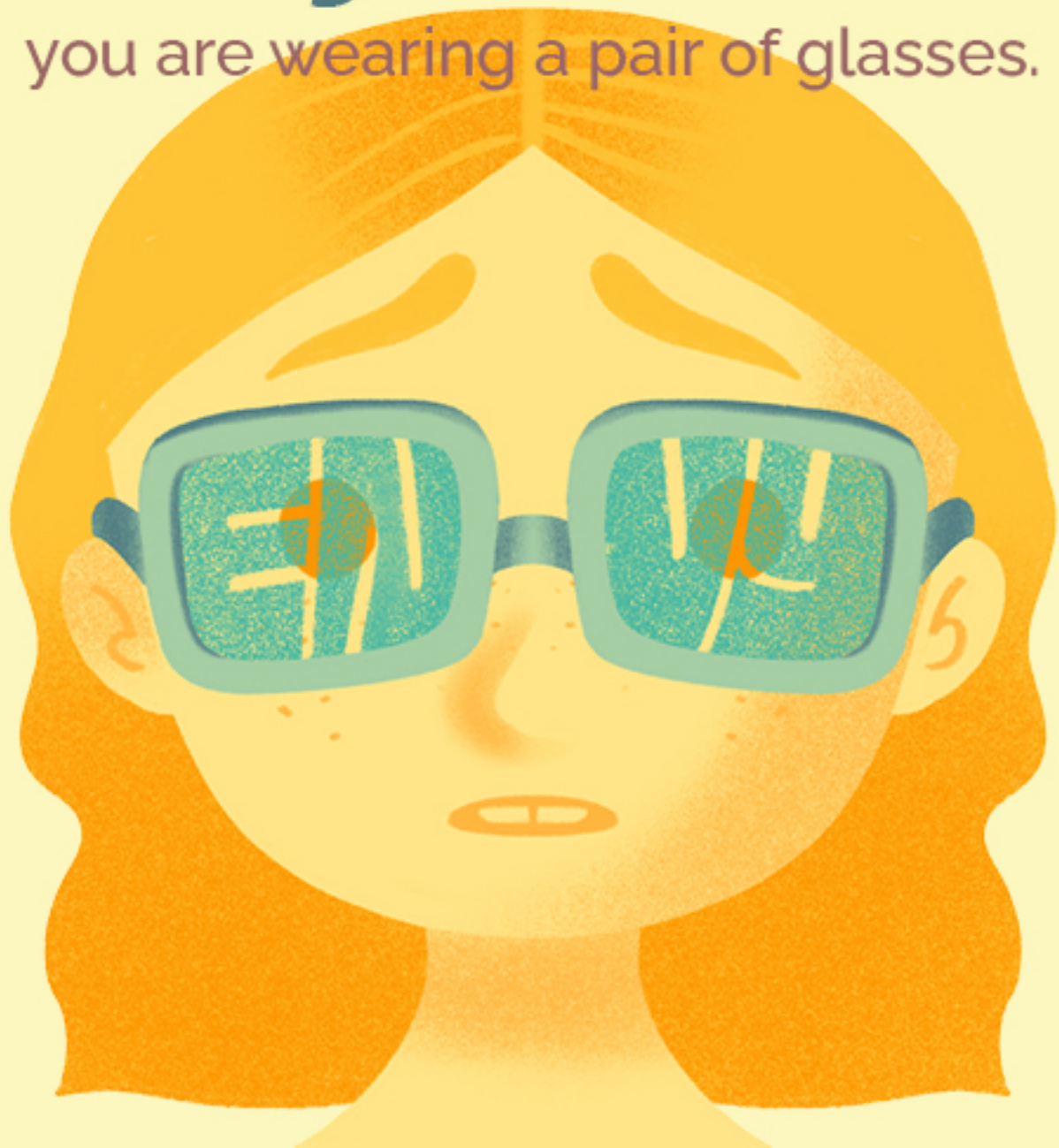


# envy feels like

you are wearing a pair of glasses.



Through those glasses **you can only see what people have** that you don't have and can feel like some **people are better than you.**

Sometimes those glasses can make you feel **small and unworthy.**



Or they can make you **criticize yourself** because you are not trying hard enough or you are not good enough.



These glasses are a combination of **feeling scared, insecure** and like you are **a victim.**



**Through the lens of envy,** the real reality can be distorted. You can get **absorbed into negativity** and see yourself and others in a negative way.



**Envy** can be really hard to distinguish because your brain tries to **pick up flaws** from other people or **hold on judgment** to make you feel better about yourself.

**So instead of recognizing that you are feeling envious, it might just feel like you don't like that person.**



# envy vs jealousy





**Jealousy** requires at least  
**3 people. Jealousy often  
happens in relationships.**

For example, someone jealous  
of her friend or partner hanging  
out with someone else.



## **Envy** often involves 2 parties.

Someone envious of a friend's new phone/laptop/clothes or maybe they have a happy family/relationship or they are more talented..



# the envy glasses

came from the shop of insecurity  
and low self-esteem



When you are **secure** in yourself and **content** with what you have, **you don't feel as envious of others.**



## How to recognize that you are feeling envious?

- ◆ You start to feel uncomfortable or uneasy when that person is around you.
- ◆ You keep thinking about everything they have that you don't have.
- ◆ Sometimes you might even feel like they don't deserve what they have.
- ◆ You start to pick up their flaws.



**It is totally normal and OK to feel what you feel.**

Feeling envious of others doesn't make you a bad person. But it's important not to let it consume you and take some time to reflect on why you might be feeling that way.



# Personal experience with envy



EE

Their life looks so perfect.  
If I had their life I would be  
so much happier."



“Why do they always look so good? They are so beautiful and I'll never look as good as that.

”



EE

Why aren't I at the same stage in my life as that person, they seem to be so successful and I am not"





CC

Why can't I just be happy  
with the life I have?"



EE

They are actually not that great, they are just lucky. If I was as lucky as them I would have the same things"



EE

When I am feeling envious  
I feel an uneasy tingle in  
the back of my head"



EE

"I don't want to talk to that person, but I constantly check their social media"



CC

They aren't even that talented"



EE

Why am I so selfish, I feel like a bad person because I envy them"



CC

I wish I had as many friends  
as they do"



# Taking off the envy glasses





**Everyone feels envious,**  
**sometimes** in small ways  
and sometimes in big ways.  
It's important to **reflect and**  
**recognize** it as envy before  
our envy becomes dislike and  
judgment towards others.



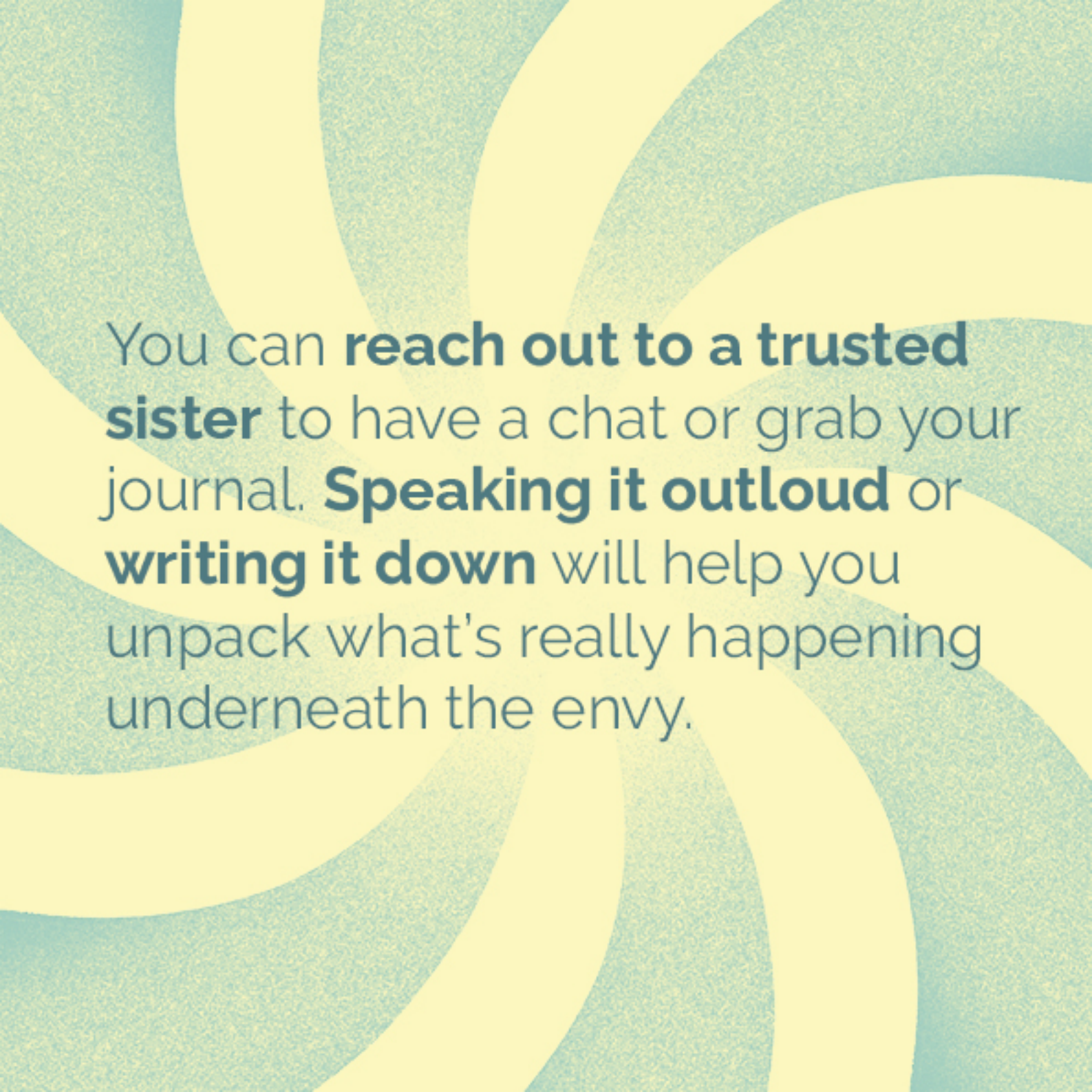
As soon as you start judging someone for what they have or wishing you had the same, you are probably wearing your envy glasses.

**Take a moment to stop and reflect on why you feel that way**



You can **reach out to a trusted sister** to have a chat or grab your journal. **Speaking it outloud** or **writing it down** will help you unpack what's really happening underneath the envy.





You can **reach out to a trusted sister** to have a chat or grab your journal. **Speaking it outloud** or **writing it down** will help you unpack what's really happening underneath the envy.


Take a moment to talk or write down **what you are grateful for** in your own life.

**Seeing someone's perfect life (especially on social media) is never what we think it is.** Everyone has things they wish for and things they can be grateful for.



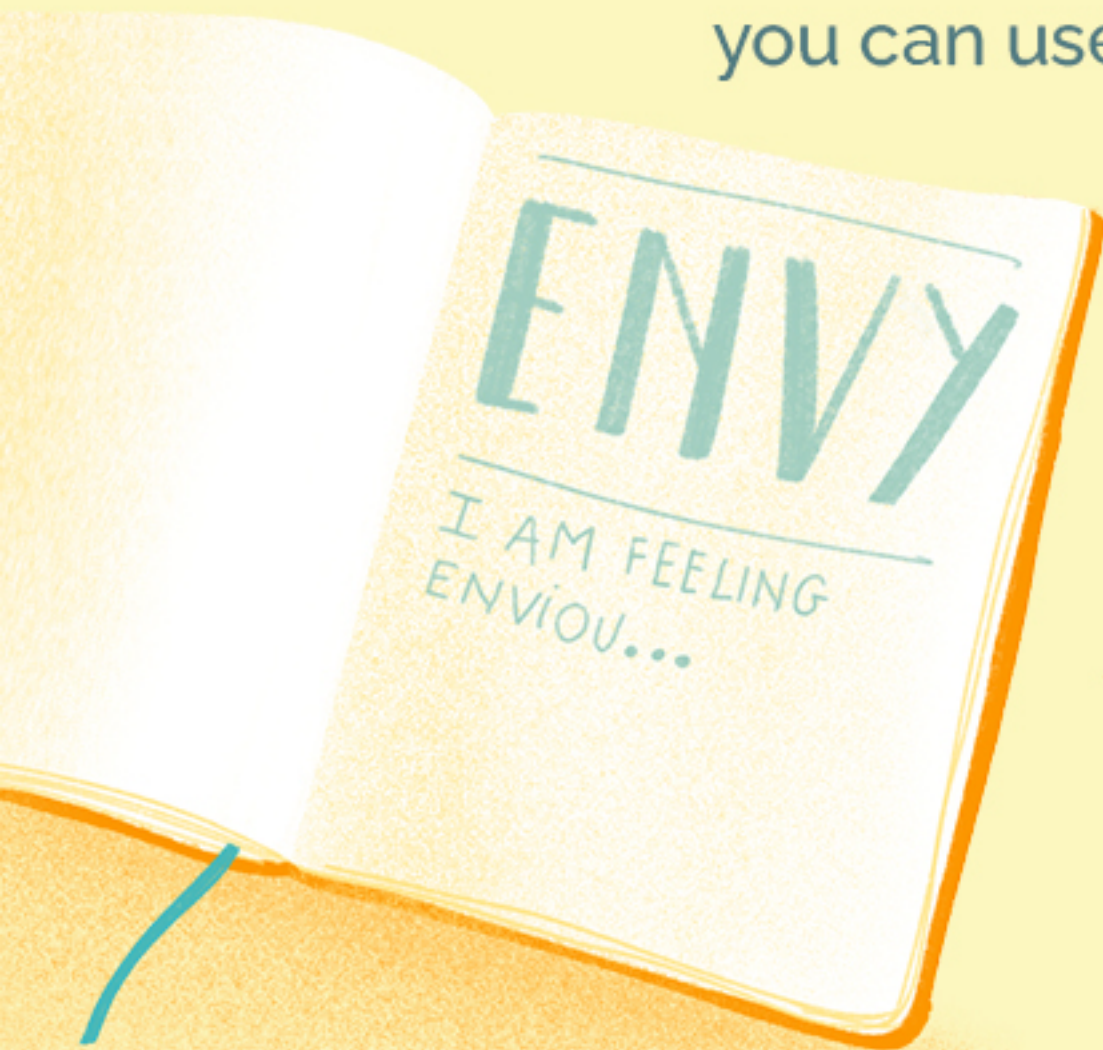
See our next post on Friday for some reflection questions you can use when you are journaling.





# Let's reflect on feeling envious.

Here's some questions  
you can use to help...



## **Not sure if you are feeling envious, ask yourself.**

- ◆ When you see someone else's achievements or something they have, is there a small voice that is negative towards them?
- ◆ Is that voice trying to diminish or judge that person?
- ◆ Does that voice make you feel ashamed for not achieving or having the same things?