
1 **Accept that you have a problem and take responsibility for it.** *It is no use continuously blaming your partner. Nobody can make you jealous, you do it to yourself. Say, 'I feel insecure ... worried ...' rather than accusing and interrogating.*

2 **Set limits on your own behaviour with your partner.** *Try to keep your thoughts and accusations to yourself, and if you are going to get jealous agree to show it for a limited period of say twenty minutes and then stop. Make an agreement with your partner that they will not tolerate an inquisition – encourage them to get tough.*

3 **Challenge your irrational thinking patterns** *for cognitive distortions such as 'all or nothing' thinking, 'awfulising', 'personalising', and 'jumping to conclusions'. So challenge the thought: 'He really likes Linda, he is going to have an affair with her'. Find the middle ground, the grey area.*

4 **Build up your own self-esteem.** *Write down a list of positive statements about yourself from the other person's perspective. For example, my partner likes me because: I have got a nice smile, he finds me sexually attractive, etc.*

5 **Explore life without jealousy.** *How would your relationship be different if this problem of jealousy magically disappeared. Sometimes jealousy can serve as a focus. Explore other potential problems.*

6 **Develop your own independence.** *The less you rely on your partner the better you will feel about yourself. Do things that you enjoy and create a healthy distance between you and your partner – this will make you feel closer. Learn to trust rather than control.*

7 **Make links between these feelings and your childhood.** *Try to understand the voices from the past and the roots of these powerful feelings.*
