



# “Jealousy Survival Guide” Worksheet

## MISSION I – Mindset

a) Positive Mindset (Pre-Game Prep) POWER STATEMENT: \_\_\_\_\_

b) Limiting Belief: \_\_\_\_\_

Empowering Belief: \_\_\_\_\_  
\_\_\_\_\_

Limiting Belief: \_\_\_\_\_

Empowering Belief: \_\_\_\_\_  
\_\_\_\_\_

c) S.O.S. (Jealousy Game Plan): \_\_\_\_\_

## MISSION II – Strategies

d) Defusion Techniques (Strat. #1): 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

e) Compassion Meditation (Strat. #2): \_\_\_\_\_

\_\_\_\_\_

f) Commitment to Core Values (Strat. #3): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

g) Communication Techniques (Strat. #4): 1) \_\_\_\_\_

2) \_\_\_\_\_ 3) \_\_\_\_\_

## MISSION III – Putting It All Together

*“I am responsible for me, my health, and my happiness.”*

h) Re-Frame \_\_\_\_\_