

JEALOUSY

Focus on what you have to offer.



Stay away from The Green-eyed Monster!

Lesson Summary

Teacher: 30 Minutes

To address one of the symptoms of low self-esteem – Comparison - that leads to jealousy and unhealthy competition.

Define it:

The Grinch started as a nice kid. If you saw the movie, you know that he was teased and made fun of to the point that he started to dislike who he was and wanted to be like other people. This hurt and pain that developed in him, turned into anger, and the anger consumed him and made him fierce with JEALOUSY. Jealousy is what happens when we compare ourselves to others and fail to see the value in ourselves. When we compare ourselves to others, we begin to dislike things about ourselves.

Let's Look At An Example.

The shows that we see on television are great examples of jealousy and comparison. Many are about love triangles where one person is after another because of their appearance. The other person is after the person that's after the other person because they are jealous of them!! In other words, neither one sees the value in themselves...they keep looking at someone else. Have you ever looked at a picture of yourself from years ago and thought, wow, I looked great then!! But you remember that when you took the picture, you weren't happy with yourself. We are always critical and trying to be like another. This vicious cycle keeps us always dissatisfied. The truth is that nobody is perfect and has a perfect life. There will always be challenges, and the more we learn to embrace them so that we can grow, the easier they become. When we think the grass is greener on the other side, what is happening is a false perception that appears real.

Let's Talk About It.

Here are a few reasons why comparing yourselves to others can be harmful:

- It creates Negative Thinking, which leads to Negative and Toxic Talk.
- It makes us Paranoid, which means we start to feel like everyone is out to get us, and this causes ISOLATION. When we ISOLATE ourselves, we push the people that care about us away.
- We start to become angry all the time, heading in the wrong direction.

Let's look and discuss:

Jealousy is dangerous because it has an inward effect on whoever is holding it. It causes you to compare yourself to others, and while you are tearing them down, you are also tearing yourself down without even recognizing it. But there is good news! There are ways we can turn away from comparing ourselves to others, so we don't become jealous.



Get to Know Yourself!

Take time to learn about what you like, your favorite color, your favorite sport or subject, or a special hobby. Help younger kids who are also interested in what you like, and you will start to see your value!!



Video and Discussion: Not Everyone is Your Friend – Trent Shelton
10- 15 Minutes



Focus on what you have to offer.

1. Write down five things you like about yourself. Ask your teacher, family, and friends if you can't find any. Post it on your wall and read the affirmations you have written about yourself when those negative thoughts come into your mind. This is a habit that LEADERS develop to stay focused. (See the Champion Mindset.)

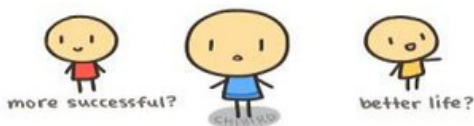
2. Think about a time when you did something that helped someone out, even if it seems minor to you, like opening a door or saying thank you. These are small things that add up into big things called CHARACTER!!

3. Write out a plan detailing how you will begin to look at yourself differently and COUNTERACT the negative thoughts that can start negative patterns if allowed to go unchecked.

If someone makes the team and you don't, remember that if we were all the same, we would have no creativity, no color, no excitement!! We would all look and act like robots...BORING



Don't base your happiness off of other people's lives.



Stop comparing your life to other's, and focus on what's best for YOU.

After you complete this assignment, take it home to remind yourself.