

When I feel jealous I'm going to...

Talk to someone who I feel is safe: _____

I will tell this person how I'm feeling, which includes:

If I'm feeling jealous, who is the person I'm jealous of?

Could I be jealous of something they have? _____

What does this person have that I don't have?

Maybe I don't have the same thing that they have, but I have other things that are great. See my list below:

1. _____ 2. _____

3. _____ 4. _____