

# ENVY



Reframe grudging envy as admiration.

**What it's about; what it does for us...**

...Comparing ourselves to others who have better qualities, achievements or possessions. It goads us to want to get what they have and be like them.

**We feel this when...**

...we feel discontent at what we lack in comparison to others, we want something we don't and perhaps can't have; others have what we want and we think we should be able to have it.

**It makes us...**

...feel life is not fair. We feel grudging and hostile to those who have what we want. Or it can drive us to make up for our limitations.

ME FIRST  
QUADRANT



GRUDGING ZONE

