

AI-00096 50 signs that I am jealous

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⋮ Tags	psychology
🕒 Created time	@April 18, 2023 10:56 PM

50 signs that I am jealous

Jealousy can be a difficult emotion to deal with, and sometimes it can be hard to even recognize it in ourselves. Here are 50 signs that you may be experiencing jealousy:

1. Feeling envious when someone else gets something you want.
2. Comparing yourself unfavorably to others.
3. Feeling resentment towards someone who has something you don't.
4. Obsessing over someone else's success or good fortune.
5. Feeling insecure about your own accomplishments or abilities.
6. Constantly checking up on someone's social media accounts.
7. Feeling upset when someone else receives praise or recognition.
8. Feeling like you need to one-up someone else's achievements.
9. Feeling threatened by someone else's success or popularity.
10. Feeling angry or upset when someone else receives attention or affection.
11. Being overly critical or judgmental of someone else.
12. Feeling like you're not good enough compared to someone else.
13. Feeling like you need to compete with someone else.
14. Feeling like you're always in someone else's shadow.
15. Feeling like you're not getting the recognition you deserve.
16. Feeling like someone else is getting more attention than you.

17. Feeling like you're being left out or excluded.
18. Feeling like someone else is more attractive or desirable than you.
19. Feeling like you're not as interesting or entertaining as someone else.
20. Feeling like someone else is better than you in some way.
21. Feeling like someone else is more successful than you.
22. Feeling like you're not achieving as much as you should be.
23. Feeling like someone else has more opportunities than you.
24. Feeling like someone else is luckier than you.
25. Feeling like someone else has an easier life than you.
26. Feeling like someone else is happier than you.
27. Feeling like someone else is more popular than you.
28. Feeling like someone else has more friends than you.
29. Feeling like someone else is better liked than you.
30. Feeling like someone else is more respected than you.
31. Feeling like someone else is more confident than you.
32. Feeling like someone else is more successful in their relationships than you.
33. Feeling like someone else is better at something you're passionate about.
34. Feeling like someone else has more talent than you.
35. Feeling like someone else is more creative than you.
36. Feeling like someone else is more intelligent than you.
37. Feeling like someone else is more charismatic than you.
38. Feeling like someone else is more skilled than you.
39. Feeling like someone else is more attractive to your romantic partner than you.
40. Feeling like someone else is a better parent than you.
41. Feeling like someone else is a better friend than you.
42. Feeling like someone else is a better employee than you.

43. Feeling like someone else is a better student than you.
44. Feeling like someone else is a better athlete than you.
45. Feeling like someone else is more popular with your peers than you.
46. Feeling like someone else is more accomplished than you at a young age.
47. Feeling like someone else has more opportunities than you did at their age.
48. Feeling like someone else is more successful than you were at their age.
49. Feeling like someone else is more confident than you were at their age.
50. Feeling like someone else is more attractive than you were at their age.

If you find yourself experiencing some or many of these signs, it may be a good idea to explore your feelings further and try to work through any jealousy you may be feeling.