

# BeHappyforLife.net

## Practice Happiness...by Loving Others 10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* ([BeHappyforLife.net](http://BeHappyforLife.net)). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part Six: *Love is Not Jealous or Envious*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at [BeHappyforLife.net](http://BeHappyforLife.net). Section B is the journal of reflection. These questions are from the reflection section of *Love is Not Jealous or Envious*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Love is Not Jealous or Envious*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

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Part Six:

**Love is not Jealous or Envious**

Section A: Review

1. What often lies at the root of jealousy?

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2. When someone is jealous what are they usually afraid of?

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3. When a person is jealous they may become very \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

4. Name 3 things a jealous person might fear losing.

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5. What is envy rooted in?

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6. People who are envious desire the \_\_\_\_\_ or \_\_\_\_\_ of another.

7. Why is it not a good idea to compare ourselves with others?

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8. What can replace the fear that fuels jealousy? \_\_\_\_\_

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9. What can replace the discontent that stirs envy? \_\_\_\_\_

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## Section B: Journal of Reflection

1. What am I most afraid of losing? How have I tried to guard it?

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2. In what area(s) of my life do I feel dissatisfied?

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3. What types of qualities in others do I wish I had?

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4. Recall a time when jealousy or envy has caused you to resent someone. How did you resolve your feelings?

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5. How do I feel when others succeed and get ahead?

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6. How has jealousy and envy kept me from loving others?

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7. When do I feel most content with my life?

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