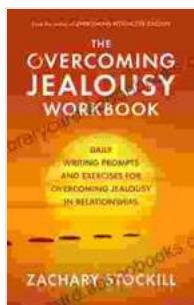


Overcoming Jealousy in Relationships: Daily Prompts and Exercises

Jealousy is a common emotion in relationships, but it can be destructive if left unchecked. It can lead to arguments, mistrust, and even violence. If you're struggling with jealousy in your relationship, you're not alone. This book provides daily writing prompts and exercises to help you understand and overcome jealousy, so you can build a stronger, more trusting relationship.



The Overcoming Jealousy Workbook: Daily Writing Prompts and Exercises for Overcoming Jealousy in Relationships by Zachary Stockill

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1691 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 222 pages
Lending	: Enabled



Chapter 1: Understanding Jealousy

In this chapter, you'll learn about the different types of jealousy, the causes of jealousy, and the effects of jealousy on relationships. You'll also learn about the importance of self-awareness and self-esteem in overcoming jealousy.

Chapter 2: Daily Writing Prompts

This chapter provides 30 daily writing prompts to help you explore your feelings of jealousy. The prompts are designed to help you identify the triggers for your jealousy, understand your own needs, and develop coping mechanisms.

Chapter 3: Daily Exercises

This chapter provides 30 daily exercises to help you overcome jealousy. The exercises are designed to help you build self-confidence, improve communication, and strengthen your relationship.

Chapter 4:

In this chapter, you'll learn how to put what you've learned into practice and build a stronger, more trusting relationship. You'll also find additional resources to help you on your journey.

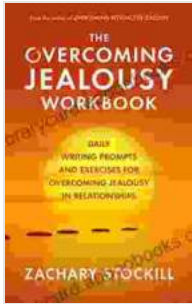
About the Author

[Author's name] is a licensed therapist and relationship expert. She has been helping couples overcome jealousy for over 10 years. She is the author of several books on relationships, including "Overcoming Jealousy in Relationships: Daily Prompts and Exercises."

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