Special Group Meeting on Envy and Jealousy

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All images are created by AI

Envy

A person standing outside a luxurious mansion, looking in through a large window. The person is dressed modestly, suggesting a lower socio-economic status. His facial expression should convey longing and desire. The mansion should be grand and opulent, with a warm, inviting light emanating from within.

Jealousy

A couple was at a social event. One partner is engaged in a lively conversation with an attractive stranger, while the other partner watches from a distance with a pained expression. The setting should be a lavish party with vibrant colors and dynamic lighting. The jealous partner should be in the foreground, with the couple in the background to emphasize the emotional distance. The color palette should incorporate intense reds and oranges, symbolizing jealousy.

Envy

A group of kids were longingly looking through a window at a happy family enjoying a meal together. The kids should be outside in the cold, their breath fogging up the glass, their expression one of longing and desire.

Jealousy

A person's gaze lingered on the party, his eyes filled with a green tinge of jealousy. A scowl formed on his face as he watched the classmates' joyful interactions, his arms crossed in a defensive posture. Deep within, he yearned for the happiness and closeness that seemed to come so effortlessly to others, his own discontent intensifying with each passing moment.

Envy

A bustling academic research lab, filled with scientists in white lab coats. One scientist is highlighted, standing in the foreground, holding a prestigious award with a satisfied smile. In the background, another scientist is seen, working diligently but casting a longing glance towards the award.

Jealousy

A university library setting, with a group of students studying together. One student is seen sharing their successful test results with the group, while another student is seen in the corner, looking at the successful student with a resentful expression.

Envy versus Jealousy

Envy: Envy is a two-person situation. It arises when a person lacks another's superior quality, achievement, or possession and either desires it or wishes that the other lacked it. For example, if your friend bought a new car and you wish you had a car like that too, that feeling would be considered envy.

Jealousy: Jealousy, on the other hand, typically involves three people, not just two. It's the fear that someone else might take what you have. It's more about loss than desire. For example, if you're worried that your friend is closer to another person and that he/she might leave you, that feeling is jealousy.

Envy pertains to **objects or possessions**, whereas **jealousy** relates to **individuals.**
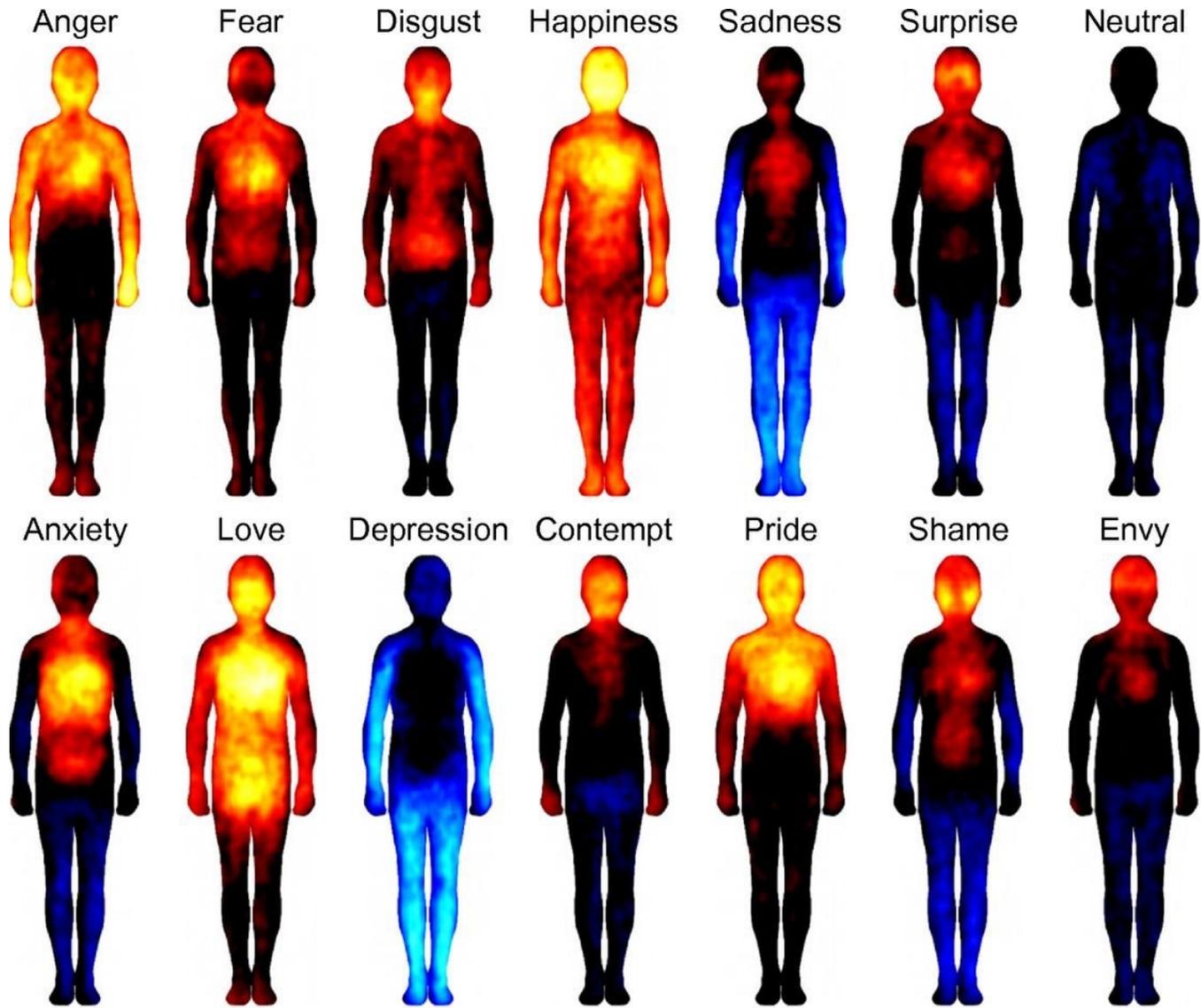
- **Envy and jealousy carry negative connotations and have the potential to develop into various other unfavorable emotions.**

- **What can we do?**

- L. Nummenmaa, *et al. PNAS*, **2013**, 111, 646-651.

Foster empathy and compassion: Try to understand the perspectives and challenges of others. Developing empathy can help you celebrate their successes instead of feeling threatened by them.

Limit comparison: Avoid constant comparisons with others, especially through social media. Recognize that people often present a curated version of their lives, which may not reflect reality accurately.

Seek support: Share your feelings with a trusted friend, family member, or therapist. Talking about your emotions can provide clarity and offer new perspectives on how to cope with them effectively.

Self-reflection: Take the time to reflect on your own accomplishments, strengths, and qualities. This self-awareness can boost your self-esteem and reduce the tendency to compare yourself to others.

Practice gratitude: Focus on appreciating what you have rather than fixating on what others possess. Cultivating a sense of gratitude can shift your mindset towards positivity and contentment.

Cultivate self-confidence: Build confidence in your own abilities and unique qualities. Embrace self-improvement and personal growth, which can reduce the need for validation from external sources.

Focus on personal goals: Set meaningful goals for yourself and work towards them. Directing your energy towards personal growth and achievements can redirect your focus away from comparison and negative emotions.