

# THE COACHING HUB

## *Podcast Episode 14 - The green eyed monster: jealousy*

Next time you're feeling jealous, I want you to explore what's coming up for you. What does that person have that you want? What do you want to do as a result of this? And how can you stop externalizing this feeling and go internal, and look at what you want to change about you?

Hello, and welcome to Conversations To Help You Thrive with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career, and in your business.

So today is a bit of a juicy one. We're talking about the green-eyed monster. Yes, it's not me, although I do have green eyes. We're talking about jealousy. We're talking about envy. I definitely have experienced this, both as a person who is feeling the emotion, and I've experienced other people saying to me that they're jealous of me. They're jealous of my success. They're envious of my success. Why do I deserve it when they haven't achieved it? And I'm going to be really honest here, jealousy either way is not a nice emotion. But like anything, it's there to show us other things.

So what is it there to show us? One of my very first coaches said to me, when you feel jealous of somebody else, it's showing you that you want that thing. And I remember resisting it at the time because I was like, "Well, I don't always want that thing." But sometimes it's unconscious that our ego is thinking that we need that thing to be deemed successful. And it's very interesting because the more work that I've done on myself, the more that I am secure in who I am, I'm not jealous of people's possessions. For me, that's not something that I covet. I don't covet to have somebody else's lifestyle or house or car or husband. However, I sometimes see people and they seem to have something that may be, I don't know, maybe they've got more Instagram followers than me, or more engagement, or more people call into their webinars, or more people following them. And I can go there. I'll be completely honest, only recently somebody I know quite well announced they have a book deal. My first feeling: why him? Why not me? And I was okay, this is interesting. Let's go there.

And when I went there, I was like, "Okay, why does he deserve to have this?" And I went through the reasons. He's really visible. He's really consistent. He's a great networker. He's really good at building relationships. And I asked myself, "Which of those have I not been doing?" I was like, "I haven't been networking. I haven't been spending as much time in building those relationships outside my audience." So actually what this is telling me is that I know that there's something that I could have been doing, which I actually enjoy doing, which I haven't been doing. This isn't about him and his book deal, which actually I'm very, very happy for him. It's about the fact that I know I could have been doing more. Do you see how that's different? I'm looking at that jealousy, and I'm examining it, and I'm saying, "Okay, what is this telling me? What can I learn from this? And what would I do differently?"

And it's interesting that I choose a man because we are set up in society to believe that a lot of jealousy comes from within women. And I've definitely experienced that in the online world. I've definitely seen cattiness, and I've seen people within groups talking about the leader in a negative way because she has something that they don't have. And let's be honest. This is never constructive. And a much better way of looking at it is, okay, they've got a seven figure business. They've done this. They've done that. What do we want that they have? And then what are we going to do to get there? How are we going to get that thing that we're jealous of someone else having? Because we can all be jealous. We can all use that emotion. We can all be eaten up by envy. We can all say we don't like this person. We don't know the people usually. It's not about that. It's about looking internally at what this emotion is telling you. And then from there thinking, "How can I change my thinking about this? How can I feel differently about this? How can I be differently? What can I do differently? What have I learned from this? What has it showed me? What shadow has been illuminated by this feeling?" And then we can go that and we can do that work.

But we all have it. We may have even experienced it from clients. They may be inspired by where we are, but sometimes the downside of inspiration is it is a feeling of jealousy and envy. Why she got it when I can't have it? It comes from us from when we're children. We've seen it. I see it in my daughters. What about me? I'm here. Let's move out of that childhood, and let's really dig into what we want as individuals. And let's learn and build from that. This is 100% where the magic happens. So I want you, next time, you're feeling jealous, I'll be honest, we all feel it, I want you to explore. What's coming up for you? What does that person have that you want? What do you want to do as a result of this? And how can you stop externalizing this feeling, and go internal and look at what you want to change about you. And look at what you want that maybe you haven't even admitted to yourself, and then start moving towards it.

If we sit with jealousy and envy, it doesn't make us happy. If we transfer that behavior onto other people, it doesn't make them happy. It can be, again, where we get into that transference and countertransference, and really that isn't a fun place to be when we're sending people negative energy because we want what they've got. Live and let live, let

the jealousy, let those feelings lead you to the work that you need to do in yourself, and release that feeling towards somebody else.

It's not going to move you forward. It's not going to make you feel any different. In fact, it may eat you up. So stop transferring your energy to somebody and start really working on where you are. You are able to make a significant difference in many people's lives. And you're able to do this if you start to recognize these emotions and use them in a way that helps you move forward. I really hope that you will take this from this conversation, and you will start doing things differently, and you will start owning those feelings and exploring them, because our emotions are merely signs that we have work to do. Take care.

Thank you for tuning in to Conversations To Help You Thrive with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group. It's called the Coaching Community With Kudzi. I would love to see you there.

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