



Disassembling Jealousy

Jealousy and Envy - workshop notes - www.SomaticSexEd.com

www.InspireToUnite.com

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This is a small summary of the tools we discussed during the Disassembling Jealousy workshop. Feel free to share it with anyone who asks for it - if it does not make sense to someone, you can explain it to them or even better: send them to me! Have them book a relationship counseling session with me. I'm currently based in Berlin, but work via Skype worldwide.

That said, I apologize to not make this a proper essay. It's just a list to help you remember the exercises we did during the workshop and often might not make sense to someone who was not a participant. But feel free to give it a shot!

Disassembling Jealousy workshop:

Jealousy is a feeling you're experiencing by yourself, because of threat of loss of someone else. So work here is by yourself, with various partners. Forgiveness round, you can seek out your special partner for that one exercise, if you like to.

Closely related to heartbreak. Because people who are heartbroken, for them the relationship isn't over either.

Eyegazing:

Think of the one time when you were most jealous. Really go for it. People who never felt jealous - think of the time when you were most envious. Neither? Who's never been jealous, just eyegaze and fall in love w your partner.

(2min)

Why you're here:

(2.5min mal 2: 5min total))

In groups of 2s (2.5min each)

People who never felt jealous - tell the other person of the one time you've been really envious for something (the other person got a promotion and you didn't. the boss likes her better and you aren't being recognized)

New group of 2:

Where in the body did you feel jealousy?

What is it?

Mix of thoughts/feelings:

(Anger, Sadness, Fear, Guilt, Shame)



Libero purus sodales mauris, eu
vehicula lectus velit nec velit.

Aversive emotional reaction - not pleasureable.

Think of the time you were that jealous and show all of us - in a 1 minute dance project. 2min

Vorbereitung

wenn vorbereitet: Get in:

3er Gruppen:

2x 1 min Dance in front of new partners.

Forgiveness Ceremony: new group of 2

Time to forgive your lover for not being aware / deliberately ignorant of your fears / time for the boss for not seeing you for who you really are / controlling and therefore abusing your partner, and also yourself, because you're losing your self and replacing your

self with this me and him, extension of self. Like a car. Time to forgive yourself for being so fearful that you became clingy / neurotic / were making up stories.

2x 2min

The great thing:

one can train not to feel jealous, like a muscle. for some it is easier, depending where they came from, family, etc, but it's possible. you become fitter. sore muscles might still happen. like immune system, you might still get a cold, but less frequently so.

Tools:

Circle round:

What helps?

- have some people share!

-Honesty:

Are you more scared of: your lover falling in love with someone else?

Or that he/she fucks someone?

Or is it just the SECRET/LIE that makes it hurt?

—Requests:

I would like to flirt with that man.

I would like to flirt with that woman.

Share in the circle:

Wann wart ihr schon mal total glücklich, dass euer Partner gleich ein Date hat? Heute Abend sex haben wird? Letzte Nacht Sex hatte?

focus on COMPERSION:

Feeling of Love/Joy for your partner experiencing JOY.

Mitfreude/Aus vollster Seele gönnen.

((It's generally feeling love for your partner, not contempt.

If you're feeling contempt for your partner, take a break and ask yourself: Why am I feeling that? What can I change in my life to overcome that?

Erkenntnis/knowledge can help:

-I will always be by myself and my partner will only be there for a while.

-NRE: new relationship energy -in love doesn't last forever. So at some time her/his new partner will not be the shiny new thing anymore.

-You can only experience fear/scarcity or joy/abundance.

-if I suffocate my love with too much neediness/fear/lock it in a cage - it'll die.

-bicycle wheel: all the spokes must work for your bike/life to work. Focus on your whole being/

Not just on that one spoke: relationship w your lover/
partner.))

Abundance over Scarcity
(Fülle/Mangel):

—2er Clearing:
1. (shadow) I am scared/annoyed that....

Partner repeats verbatim

2. (light) I am grateful for... What makes me happy?
What would make me happy today? -
ask What else?
Partner acknowledges something in the other person.
—

Share what it felt like in the group.

—Gratitude Journal. (Evtl auch fuer Partnerschaft/en)

CuriosityNeugier vs Nosiness:

See what your partner enjoys without you/ ASK! What
would you like?like to do with others? Why?

-put down a list in the notes of your phone of all that.
It's like being in love, and that's a drug. The same
parts of our brain are being used

-it's because you're not in control anymore you're trying to control your environment, your partner. And that's always abusive.

Letztlich ist Eifersucht nicht schlechtes - es ist ein Warnzeichen, dass in meinem eigenen Leben gerade etwas

Nicht glatt läuft/fehlt.

Oder dass mein Partner nicht erfüllt ist, wenn sie / er viele Dinge tut, die dich einsam / verlassen fühlen lassen, ohne

Dass er merkt / oder vielleicht will er nicht darüber sprechen, weil er sich schon beobachtet / eingesperrt fühlt.

SPEAK ABOUT IT.

Und wenn es nur die Realisation ist - hey, mein Leben ist grad nicht in Ordnung,

ich fühle mich im Mangel/an der Wand/ ohne Energie

- ich muss mich mehr um meinen Job kümmern,

Oder mehr Zeit mit meinen Freunden/Familie/anderen Liebhabern verbringen.

-Relationship; using that word for all my relationships helps.

Cultivate your SELF

Everyone is scared of losing their SELF:

Cheaters: wanna feel alive and themselves again.

Cheated: don't wanna lose their sense of self (partner is often an extension of them, like a car)

3er Fragen NAVIGATE a 3some Questions:

Ask before hand 4/5 Questions:

1) Fears?&Consent:

-Hell Yes. (If it's a maybe it's a no.

But: if it's your first time, and you feel nervous and you want to:

say maybe, not sure - can we start and I might stop/
can I just watch?/

Can I just masturbate for you both and you just watch
/ can we all masturbate ?)

-Boundaries? Do you need anything from me/Us?
Y formation / all play together / one just looking/
rather passive ?

Any parts of your body that you don't like to be
touched / no penetration ?

Any STD danger?

2) DESIRES / Kinks ?

Fetlife/ Feeld/ okcupid / tinder

BDSM, breath play, golden showers, anal (just outside
touch/finger/dildo etc

(-if you know and trust each other / friends, you'll feel
more

Secure and open to share your secrets and desires)

3) Partner of your lover who is NOT present -does he/
she need anything from us?

4) Aftercare: Do you like to hang out just the
evening / stay for breakfast / be in touch later
maybe /

(With friends it's easier being honest sometime) / let's
not exchange numbers /

get in groups of 3s (and maybe one 4some) and

PRACTICE THAT!