the languages of love

for jealousy

Jealousy doesn't always have to be a self-worth problem. Sometimes it's just because an important need is not being met within the relationship. Share how you feel with your partner and ask for support.

Creating safety can be through reassuring words, time spent together, physical touch, attention being given, acts of service and so on. – These are examples, your needs are individual!

What do you need in order to feel loved and safe in the relationship?

i.e. I need more attention
I need to receive more reassurance
I need more commitment

What are actionable steps for you and your partner to take in order to meet these needs? (Fill this out together!)

i.e. more words of reassurance, more quality time etc.