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Cure Jealousy Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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What Is Jealousy?

Jealousy is a normal emotion that we experience when we feel that the bond we have with someone is at risk.

We may also feel threatened or insulted.

We usually don't feel jealous about superficial relationships. In that sense, jealousy can be a sign that someone matters.

Jealousy becomes problematic when it's not justified and is hurting you and your relationship.

What If Jealousy Is Justified?

When jealousy is valid and justified, you may need to get assertive, get clear about your commitment to each other, set limits and boundaries, and establish mutual understanding, in a way that can allow you to build trust.

Jealousy can be a sign that the relationship requires something more, be it clear communication, honesty, commitment, or even the choice to stay or leave.

Has Jealousy Become A Problem for You?

To answer the question, you need to take a closer look at how much jealousy is affecting your daily life and intimate relationships.

Does any of the following sound familiar?

- ☐ Your jealousy has led to relationships ending abruptly.
- ☐ You find yourself holding on to resentments for long periods of time.
- ☐ You find yourself complaining about your jealous feelings to friends and colleagues.
- ☐ You find it difficult to step away from your jealous thoughts and feelings.
- ☐ You often say things that you later regret saying because of your jealousy.
- ☐ Your jealousy is making you depressed.
- ☐ You often feel hopeless about your relationships and even your ability to have a relationship without debilitating jealousy.
- ☐ You often act on your jealous feelings by interrogating, checking, following, withdrawing, and other destructive behaviors.

Identify Your Symptoms

So jealousy is not “just a feeling.” It is a mix of emotions, thoughts, and behaviors.

The following are some common symptoms of jealousy. Check the ones you relate to and add ones of your own:

Emotions

Jealousy is not a single emotion—it’s a mix of many powerful, confusing, and sometimes confusing emotions.

- ☐ Feelings of guilt and shame
- ☐ Self-doubt
- ☐ Low self-esteem
- ☐ Anxiety
- ☐ Anger
- ☐ Feelings of resentment
- ☐ Lack of trust
- ☐ Confusion
- ☐ Sadness
- ☐ Feelings of helplessness
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Behaviors

- ☐ Inflicting punishments
- ☐ Questioning your partner's behavior
- ☐ Interrogating
- ☐ Looking for clues of betrayal
- ☐ Trying to control your partner
- ☐ Accusing of looking or giving attention to other individuals
- ☐ Worrying obsessively over a possible betrayal
- ☐ Going through your partner's properties
- ☐ Isolating your partner or laying conditions in regards to contact with your partner's social circle.
- ☐ Verbal and/or physical violence toward your partner
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Cognitive (thoughts)

- ☐ "He should never find anyone else attractive."
- ☐ "She is interested in someone else"
- ☐ "My partner will leave me"
- ☐ "I have to know exactly what is going on."
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Invalidating Messages

If you struggle with jealousy, you may also experience feelings of guilt, shame, and self-doubt.

This is especially the case when you grew up believing that painful emotions, such as jealousy are not allowed and that if you're experiencing them, something must be wrong with you.

The following are some invalidating messages you may have received when expressing your feelings of jealousy. Check the ones you relate to and add ones of your own:

- ☐ "There is nothing to feel jealous about."
- ☐ "Try to think more positively."
- ☐ "You are punishing yourself?"
- ☐ "You have low self-esteem."
- ☐ "You need to get your mind off this."
- ☐ "You should just trust me."
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Imagine a Life Without Jealousy

Imagine a life without jealousy.

1. How would your relationship improve if you were less overwhelmed by your jealousy?

2. How would your communication improve?

3. How would your well-being improve? Would you feel less anxious, sad, or regretful of things that you say or do?

4. How would your partner feel if you were less jealous?

Identifying Emotional Injuries From The Past

According to psychiatrist and psychoanalyst John Bowlby, one's relationship with their caregivers during childhood sets the stage for how one builds relationships as an adult.

The attachment theory identifies four adult attachment styles:

- Anxious (also referred to as Preoccupied)
- Avoidant (also referred to as Dismissive)
- Disorganized (also referred to as Fearful-Avoidant)
- Secure

Children who learned that they can rely on their primary caregiver coming back and meeting their needs, develop a secure attachment style.

Think about your relationships and attachment in childhood.

1. Did you worry that one or both parents might leave you, or get sick or die?

2. Were there threats of separation or divorce between your parents, or an actual separation or divorce?

3. Did your family move a lot?

4. Did someone you dated in the past let you down, or cheated on you?

Evaluate Your Experience In Intimate Relationships

1. How do you feel when intimacy begins to develop? Are you comfortable with closeness? Do you find closeness smothering at times?

2. Are you anxious in your intimate relationships? Do you feel that people will leave you or that they don't care for you as much as you want or need?

3. How does your partner feel about closeness?

Take A Step Back from Jealousy

Allow yourself to become mindful of your jealousy and observe it in a non-judgmental way.

Mindfulness exercise:

1. Start by thinking of something that brings on a degree of jealousy that isn't overwhelming.
2. Sit in a comfortable position with your eyes close or loosely focus on the floor and take a moment to relax the muscles throughout your body.
3. Bring the jealousy-provoking situation into your awareness. Keep some of your attention on your breath to stay anchored in the present moment.
4. Notice everything that happens in your mind and in your body as you hold the jealousy-provoking situation in your awareness. The goal here is to become curious.

Notice any body sensations, emotions, or thoughts that may arise.

Remember that you don't have to change or fix anything. If you notice yourself getting carried away with your automatic thoughts, gently bring your attention back to the breath and to the present moment.

5. End your practice by focusing your attention on the breath for a minute or two.

1. What emotion arises in your body?

2. What thoughts do you have?

3. What happened over time? Did the situation stay sharp in your awareness, or did it get fuzzy?

4. Is it possible that you might be misinterpreting things?

5. What are some things that you can do to cope better, in the present moment?

Challenge Your Rules About Yourself And Others

1. What rules do you have about your partner?

The following are some common ones. Check the ones you relate to and add ones of your own:

- ☐ I shouldn't trust others because they will disappoint me or betray me
- ☐ I can't rely on other people to be there for me
- ☐ I need to know everything about my partner before I can trust them
- ☐ My partner should never find anyone else interesting or attractive
- ☐ My partner should tell me everything that they are thinking and feeling
- ☐ My partner should always be available to me
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. What rules do you have about yourself?

The following are some common ones. Check the ones you relate to and add ones of your own:

- ☐ I should be the most attractive person
- ☐ I should get approval from my partner for everything I do
- ☐ I need to entertain my partner or they will find me boring
- ☐ I need to be in a relationship in order to be happy
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

3. What rules do you have about relationships?

The following are some common ones. Check the ones you relate to and add ones of your own:

- ☐ We should be happy, all the time
- ☐ Our sex life should always be intense and spontaneous
- ☐ We should never have arguments
- ☐ I should always know exactly where my partner is, what he or she is doing, and who he or she is with
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

4. Challenge your rules one by one by using the following questions:

My rule: _____

Challenge your rule:

- Am I confusing a thought with a fact?
- Is my rule realistic?
- Am I assuming my view of things is the only one possible?
- Am I thinking in all-or-nothing terms?
- Am I expecting myself to be perfect?

Set Aside Jealousy Time

Working on overcoming jealousy thoughts is not a one-time thing. You'll probably find yourself having to deal with them again and again before they become less intense and come less frequently.

Setting aside jealousy time can be a great technique to gain more control over your thoughts, and focus on your life, while also honoring your thoughts and feelings.

Choose a specific time every day (e.g. 20 minutes in the evening) to deal with your jealous thoughts.

If you experience a jealous thought during the day, you can say to yourself, "I will deal with this at 5 p.m." You may also write the thought on a piece of paper or save it on your smartphone.

Using this technique will make you feel more in control and you may notice that over time, your jealous thoughts won't bother you as much.

When dealing with your jealous thoughts you may use the following questions:

Jealous thought: _____

Questioning your jealous thought:

- What is the cost of thinking this way?

- What is the evidence in favor of this thought?

- Is there any evidence against this thought?

- How would someone else interpret this?

- If that thought were true, what would that mean to me?

Get Clear On How Committed You Are

Jealousy may depend on your investment in the relationship and level of commitment.

The more involved you get, the more you have to lose.

It is important to get clear on your commitment during the middle phase of the relationship. Some people may accept a promise of fidelity, as in “I won’t see other people.”

Other people may think that unless their partner is seeing them almost every day, there’s not much commitment.

Determine the level of commitment you’re comfortable with. Use the following statements as inspiration:

- ☐ My partner should contact me daily
- ☐ My partner should tell me that they love me
- ☐ My partner shouldn’t keep any secrets from me
- ☐ My partner should spend most of their leisure time with me
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: ·Cure Jealousy· is not a standalone DSM-5-TR diagnosis · non-diagnostic or contextual/quasi-diagnostic construct
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under this title · non-diagnostic or contextual construct
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 6, 10. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Describe Cure Jealousy as a contextual, functional, occupational, umbrella, or proposed construct·not a confirmed diagnosis·unless a separately recognized disorder is assessed.
- Where Cure Jealousy discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [2]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Clinically review medical or treatment statements on pages [10]; remove prescriptive medication advice, clarify coordination with licensed medical care, and update contraindications or urgent warning signs for the specific topic.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Cure Jealousy activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For Cure Jealousy, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
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