



## Professional Jealousy: How to use it FOR you

Jealousy is a normal part of being an artist. Not only are artists more sensitive than most, we are also often more ambitious *and* more in touch with our insecurities.

When these traits combine, jealousy can be a natural byproduct.

We feel jealous when we compare ourselves to those around us, and find ourselves coming up short. And there's plenty of opportunities to do that living in Hollywood.

LA artists are often surrounded by other people who have also Turned Pro and who reflect parts of us back to ourselves that we struggle to see and claim: our ambition, our talent, our drive, our network, our success. Because of this tendency, jealousy will continue to exist as a wake-up call, waking us up to our highest callings, and to the things we want and can have for ourselves.

And, given the more successful you are, the MORE surrounded you will become by other people who are deeply talented and achieving at high levels, jealousy is a good thing to embrace as a sign that you're on the right track.

Although jealousy is common, jealousy without good strategies for its management can be deeply destructive. It can lead to obsession, insecurity, and delusions of being behind or not enough. So let's talk about how to approach jealousy in empowering ways.

I believe jealousy is the ultimate tough love: it asks us to live at our personal edge, and stay awake to our own potential.

Below are three things jealousy can wake us up to when we're using it FOR us:

- 1) We ARE the thing we are jealous of. The expression "you spot it, you got it" is apt when it comes to jealousy. We are only capable of recognizing in others things we see and experience in ourselves. If someone else is beautiful, capable, skilled, unique, successful, and impressive to you--the mere fact that



your mind and soul can see that in them means it also exists in you. This is a psychological phenomenon called “positive projection.” As more evidence to support this, note that we are usually jealous of those who are the MOST like us. People who remind us of us. In an excellent article on envy Tim Challies writes:

*“...here we see another ugly element of envy: It tends to alienate us from people who are much like us, people who ought to be our allies...we envy people who have similar interests, similar gifts, similar callings—the very people with whom we could and should co-labor.”*

So try this reframe next time you see someone shining:

“Xxxx is so \_\_\_\_\_ (fill in the blank of what you see in them), just like me.”

- 2) Jealousy is usually pointing the way towards action, healing, or success that is also available for us, but we haven't yet claimed. One of the most inspiring approaches to jealousy I know comes from my coach Carolyn Freyer-Jones. When encouraging new coaches to build their coaching businesses by engaging in friendly competition she always intones: “If they can do it, you can do it, too.” Someone else being a rockstar in just the way you want, is really just proving that it can be done. Go chase them. Go get it, just like they have.

When we feel jealous of someone, they are usually lighting the way of what's possible for us, as well. Before we're ready to claim that bigger, more expansive dream for ourselves, they have done it. And rather than turning the lens onto ourselves, and giving ourselves the permission to do the exact same thing, we often collapse into jealousy and resentment of them instead--this is, the easier choice than taking accountability. We're about to do an exercise that will support you in harnessing the power of jealousy to show you places you can advocate for yourself even more fully, but for now, try this affirmation/mantra when triggered and jealous:

“Thank you, Xxxx, for waking me up to what's possible for me, and what I have not yet claimed for myself. Thank you for showing me what's also possible for me.”



- 3) Jealousy is based on the illusion of comparison, on the idea that we are only “us” in comparison to someone else. This is a misunderstanding. We are us with or without someone else nearby. Tim Challies lays out this definition of envy. “Envy is comparing ourselves to others and forming our identity around that comparison.” We feel jealousy when we are making someone else’s life, business, success, or perceived “juju” mean something about US. When we slow this down, it is an absurd comparison. Nothing about our identity, value, worth, or path is dependent on someone else. We are unique people, with unique pasts, unique values, unique goals, unique strengths, unique weaknesses, unique barriers, unique gifts and unique struggles. No one else can define us and how “successful” we are. Our identities are precious, sacred, and untouched by anything that happens outside. Only the Ego part of us needs to define ourselves in a hierarchy, in comparison to some “other.” In the truest form the word our success is ours entirely and can be altered by no one outside of us.

To explore these concepts further, complete “The Jealousy Map” from Julia Cameron below.



## The Jealousy Map

Adapted From “The Artist’s Way” by Julia Cameron

*“Green is the color jealousy, but it is also the color of hope. When you learn to harness it’s fierce energy on your own behalf, jealousy is part of the fuel towards a greener and more verdant future.” - Julia Cameron*

Your jealousy map will have four columns. In the first column, name those whom you are jealous of. Next to each name write why. Be as specific and accurate as you can. In the third column identify a positive quality you share with the person you’re jealous of. What are you seeing in them, that you also have? In the fourth column, list one action you can take to move towards creative risk and out of jealousy.

<u>Name</u>	<u>Why</u>	<u>Quality we share</u>	<u>Action</u>
Mary	Her online following	Charm/wit	Post more original content
Rachel	she gets to do fancy photo shoots with fancy magazines	Style	Hire a publicist
Jonah	she sees herself as a major player In the industry	tenacity	Talk about myself and my career with more confidence

Spend at least 20 minutes on your Jealousy Map. When you’re complete, I encourage you to find a friend or trusted confidante to share your learnings with. This will anchor in the awarenesses, and support you in committing to your new actions.