

EXPLORING JEALOUSY

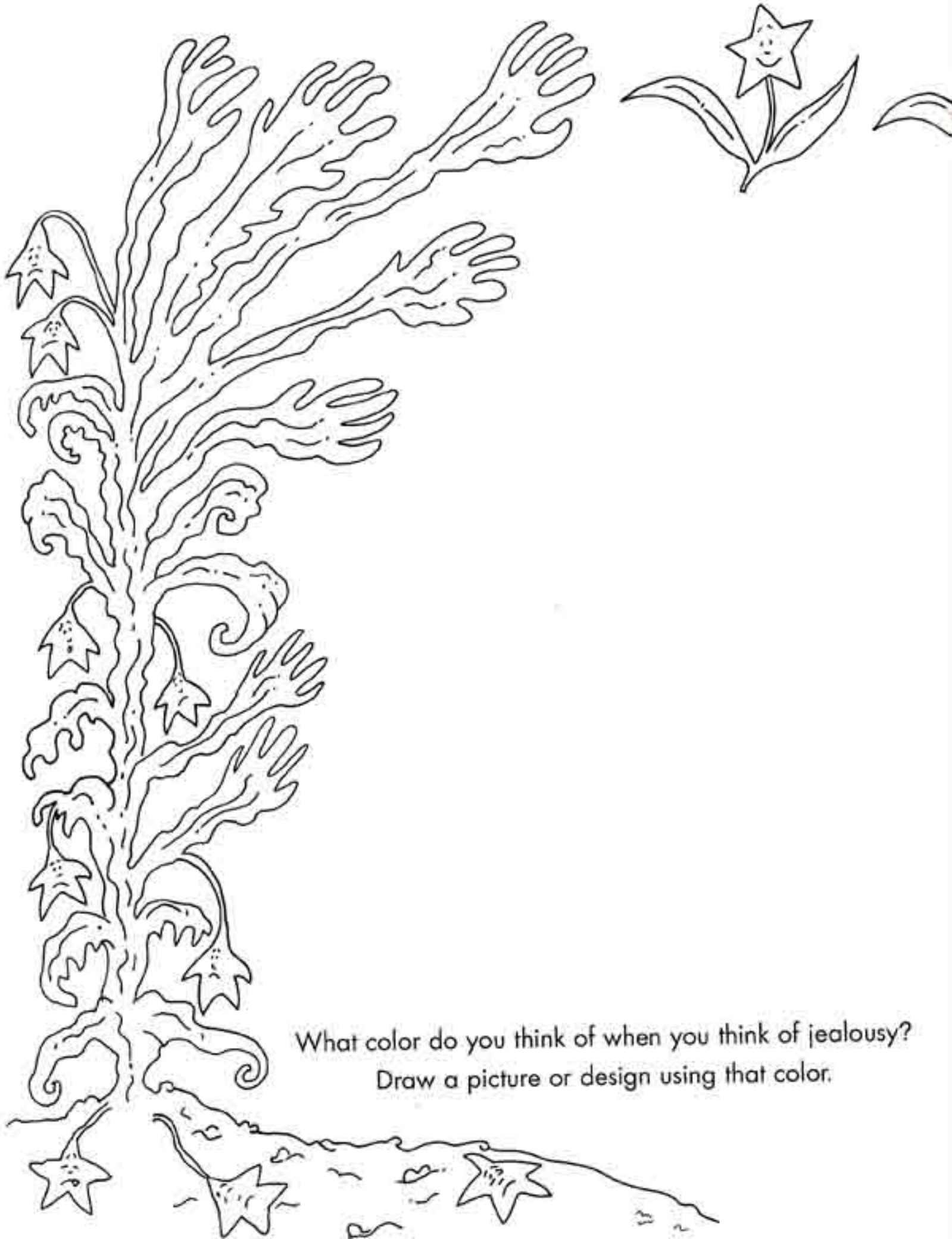
An Enchanté
Inner-Active Book



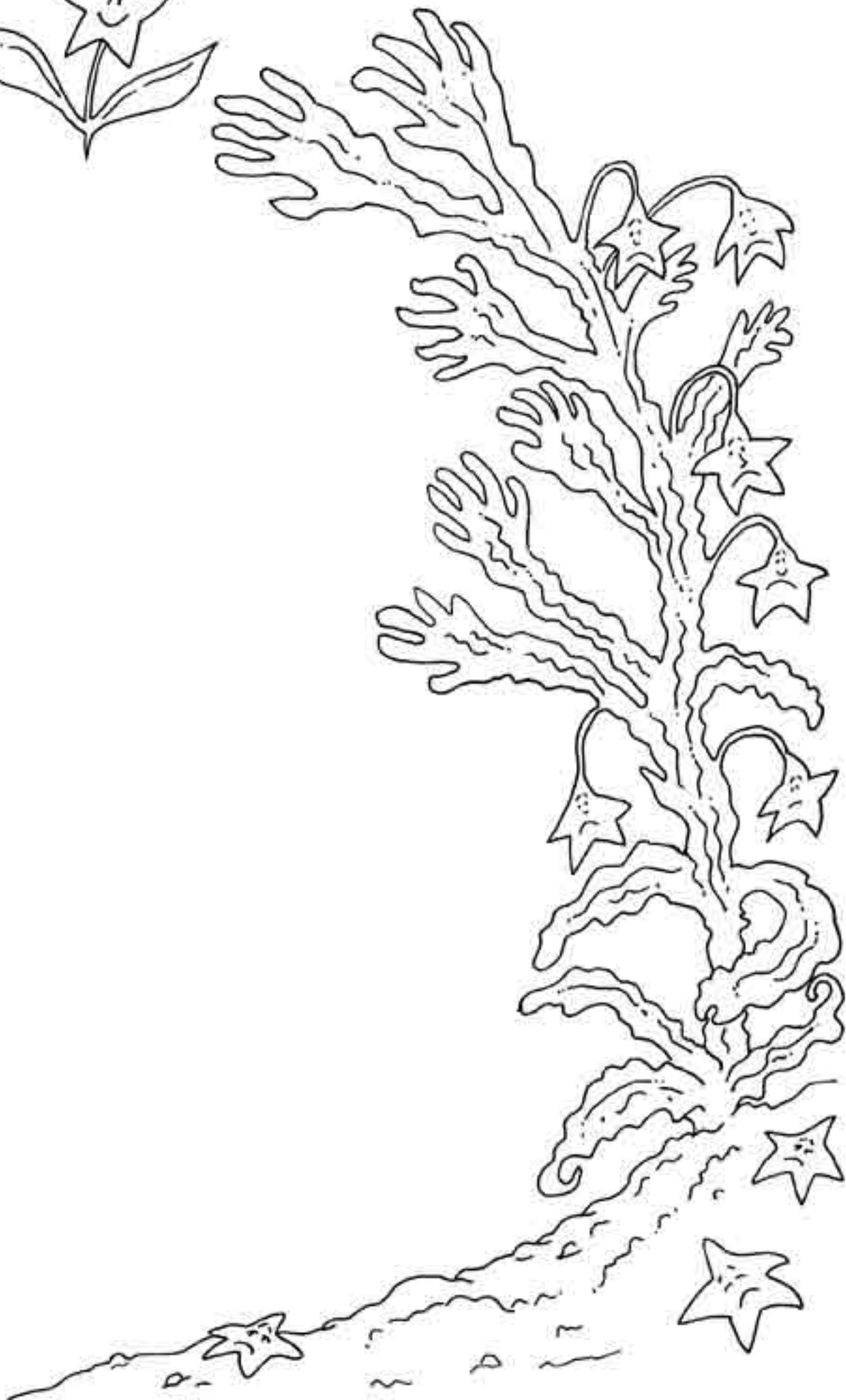
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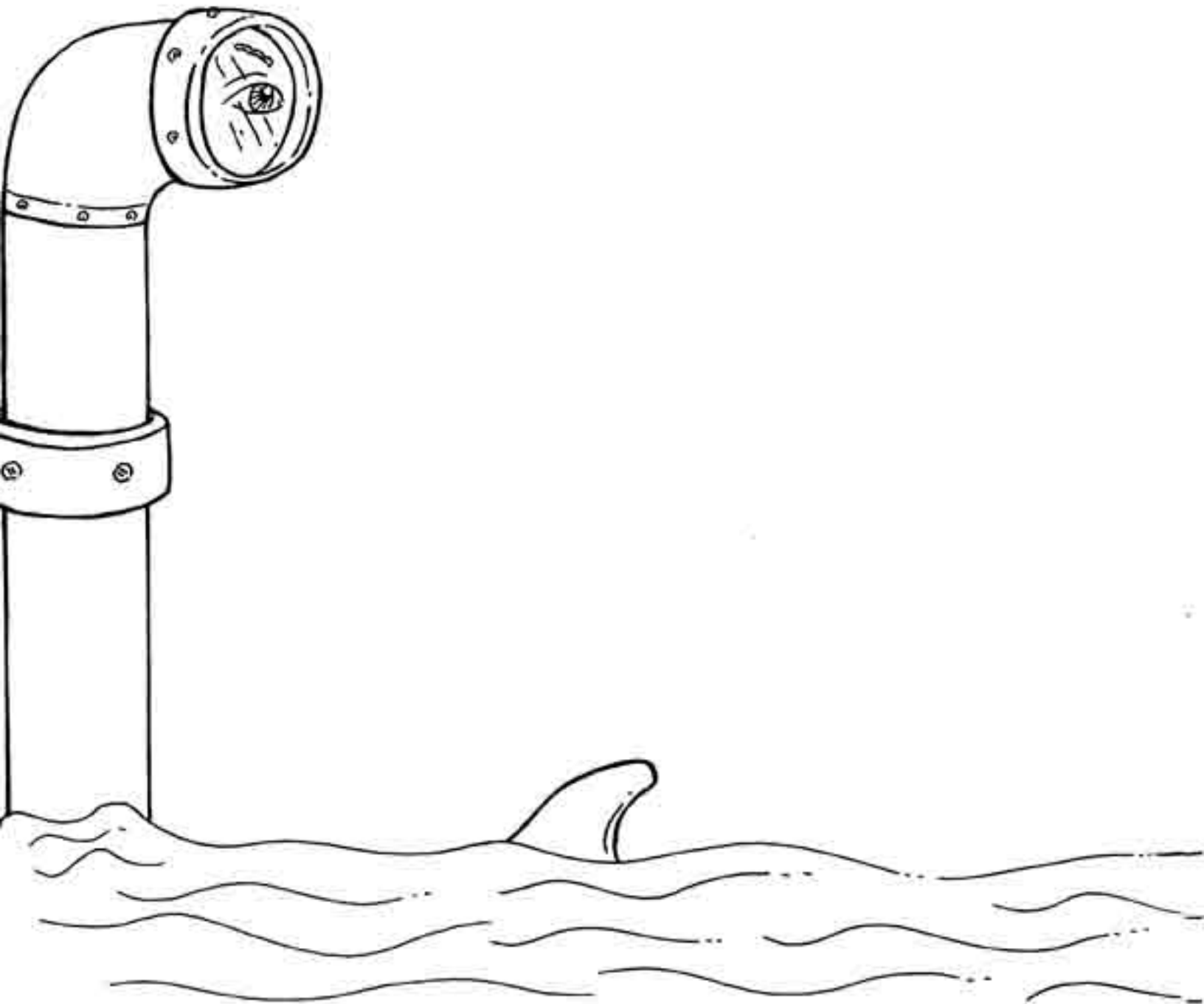


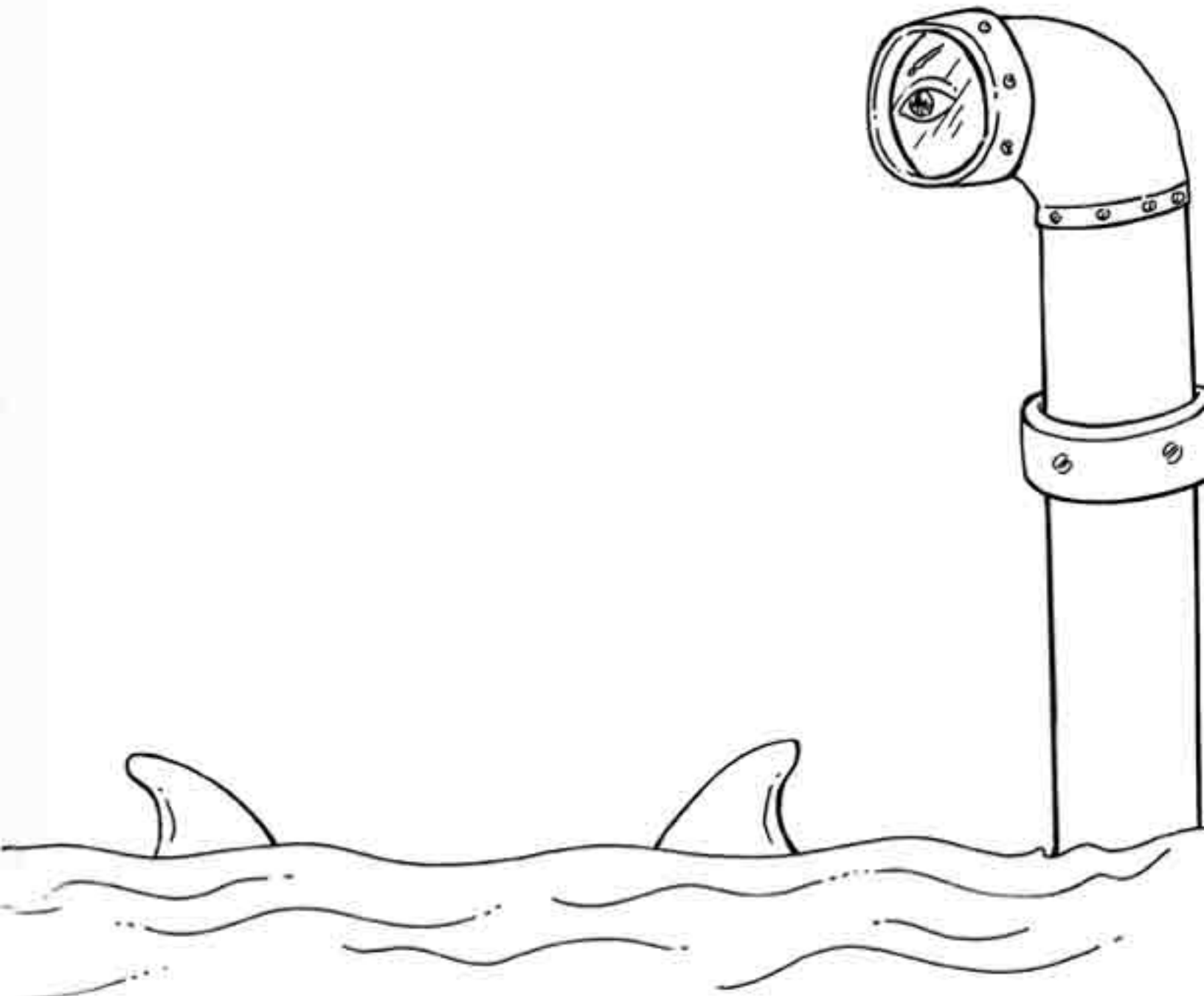
What color do you think of when you think of jealousy?
Draw a picture or design using that color.



What do you think jealousy looks like?

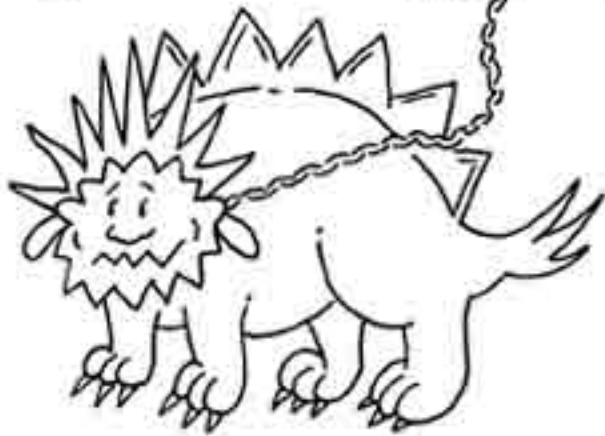
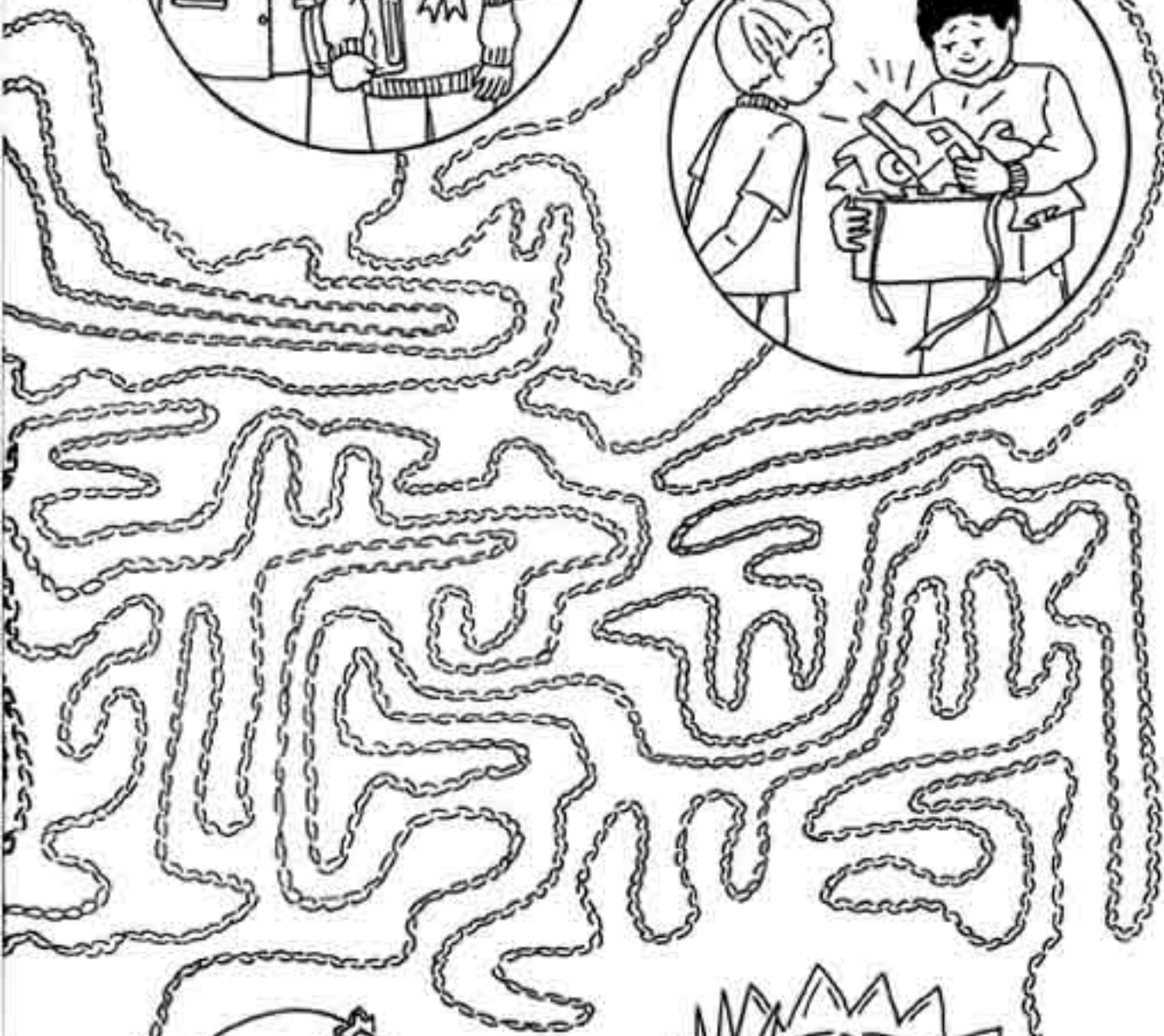
Draw a picture or design showing
how jealousy looks to you.







Do any of these things make you feel jealous?
Follow the chains to the end.
Color in the jealous creatures.

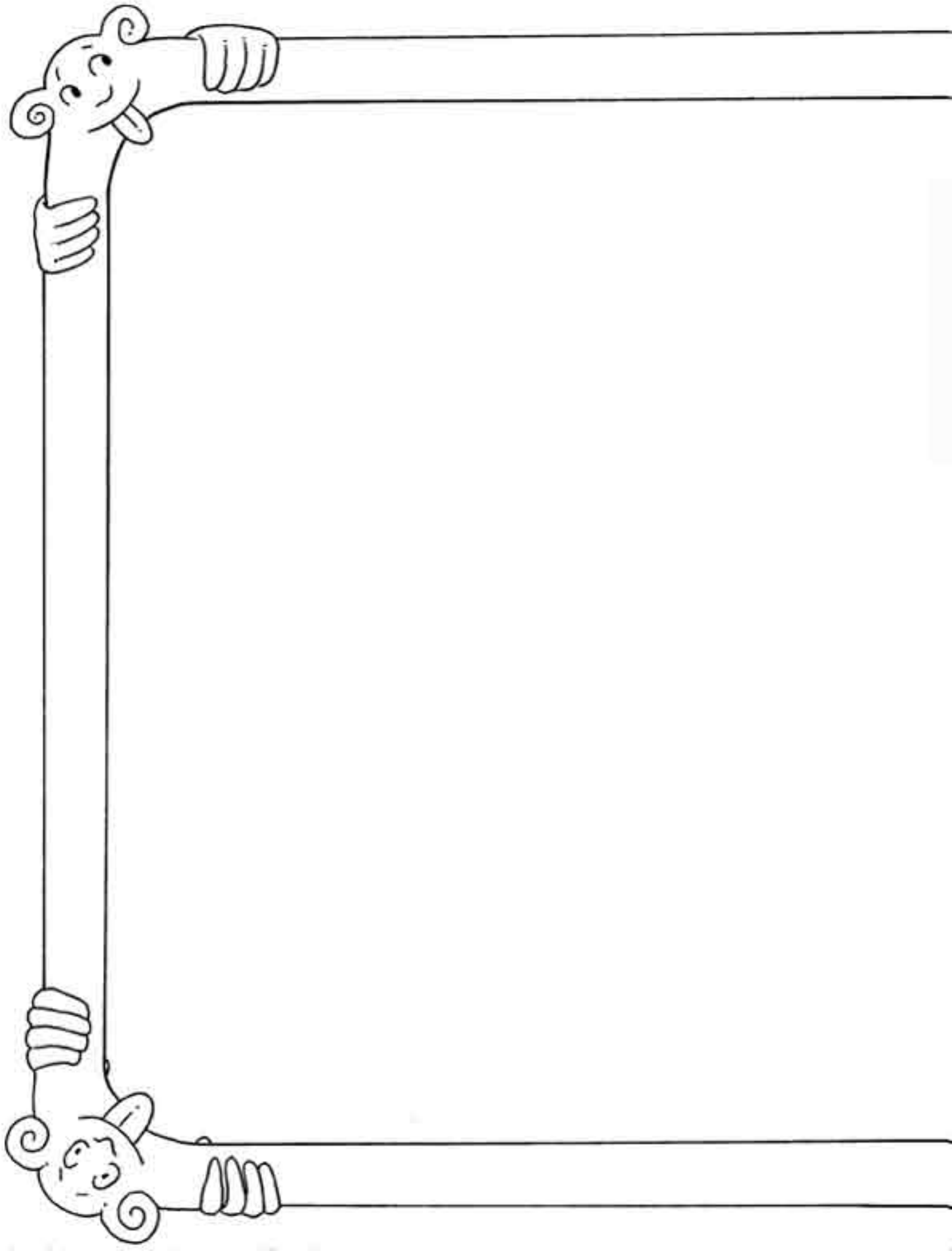






What does someone else have that makes you feel jealous?
Use old magazines to make a collage showing
what you don't think you can have.



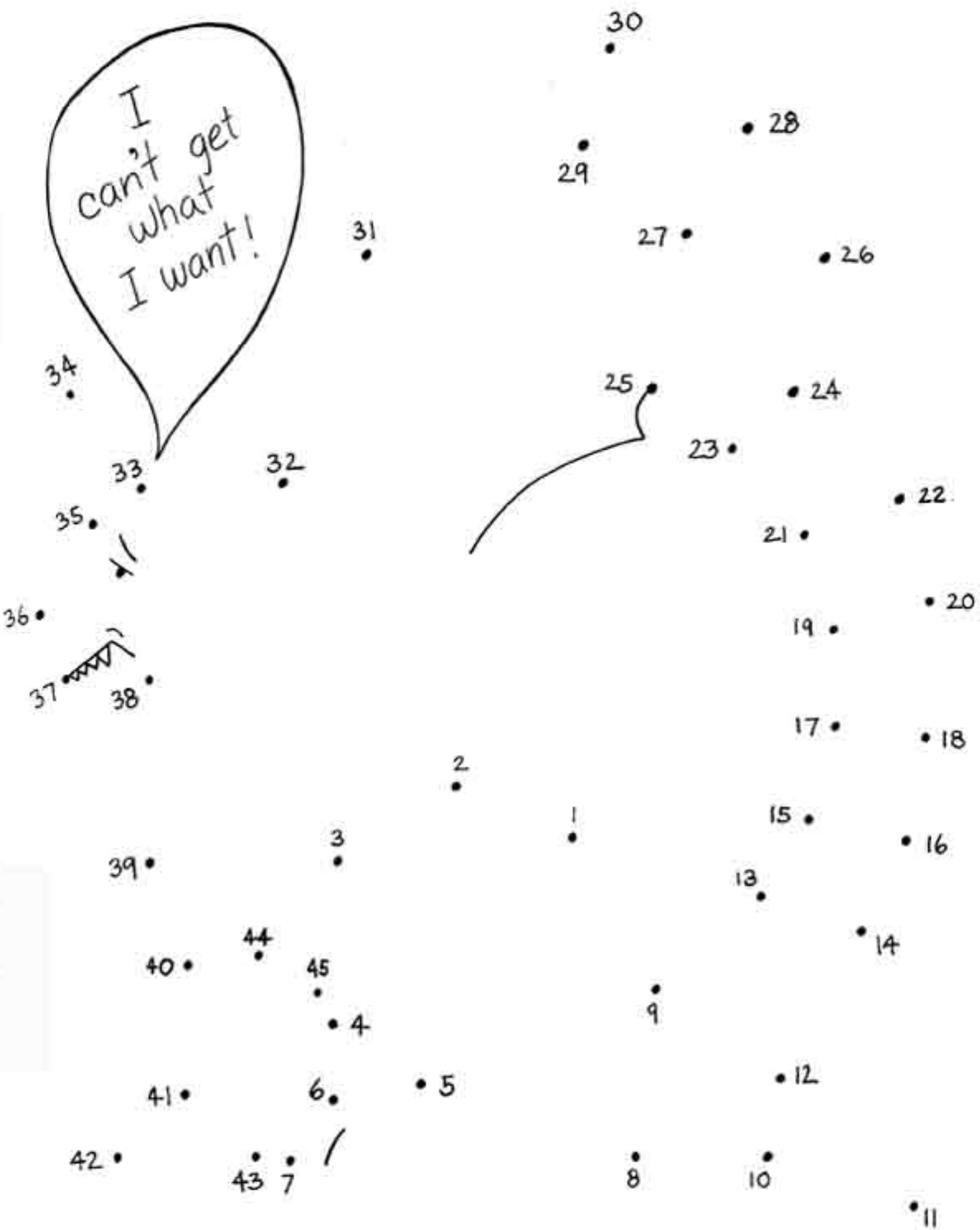


Connect the dots to discover the jealous creature.

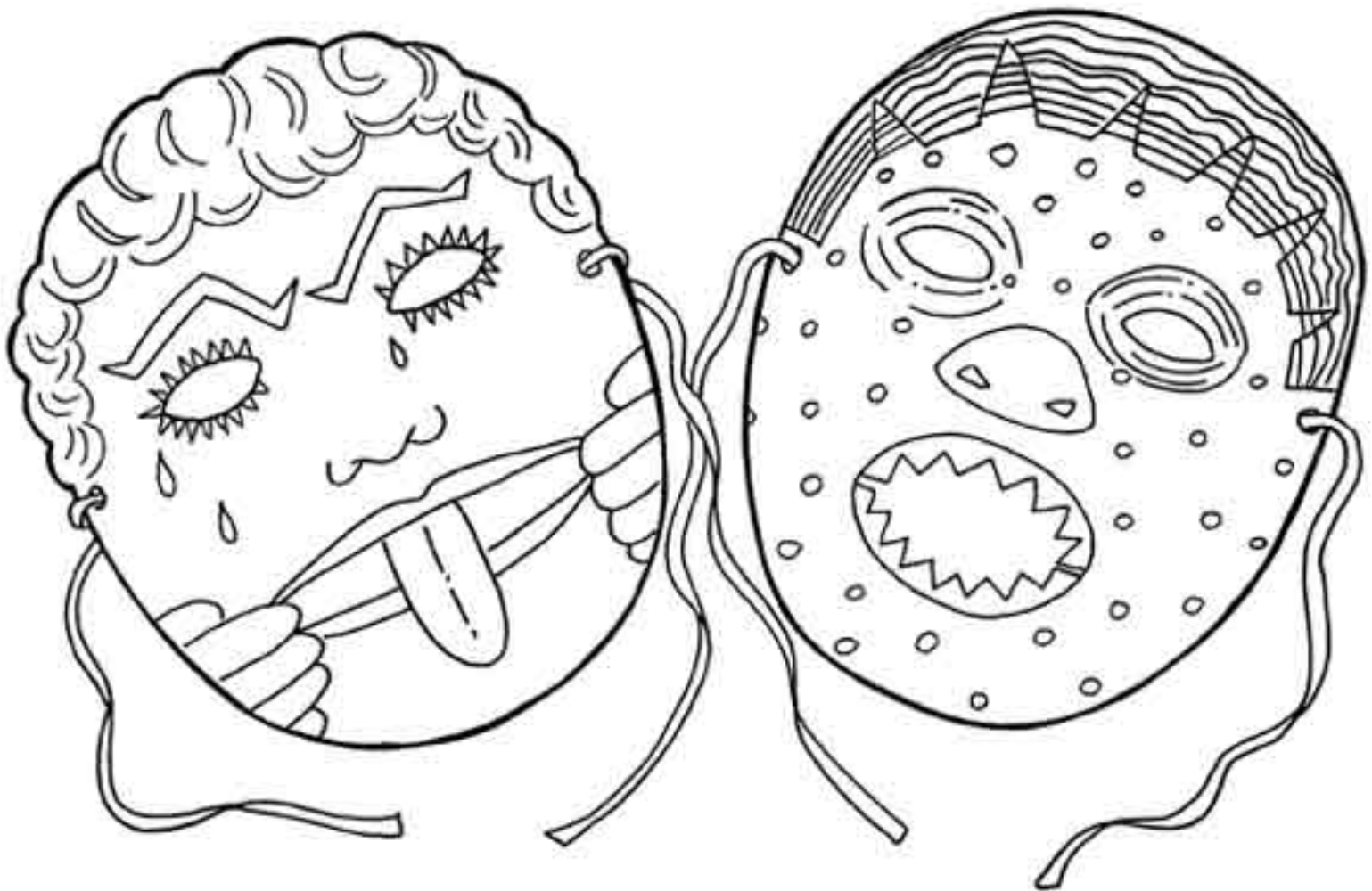
Give your creature a name. _____

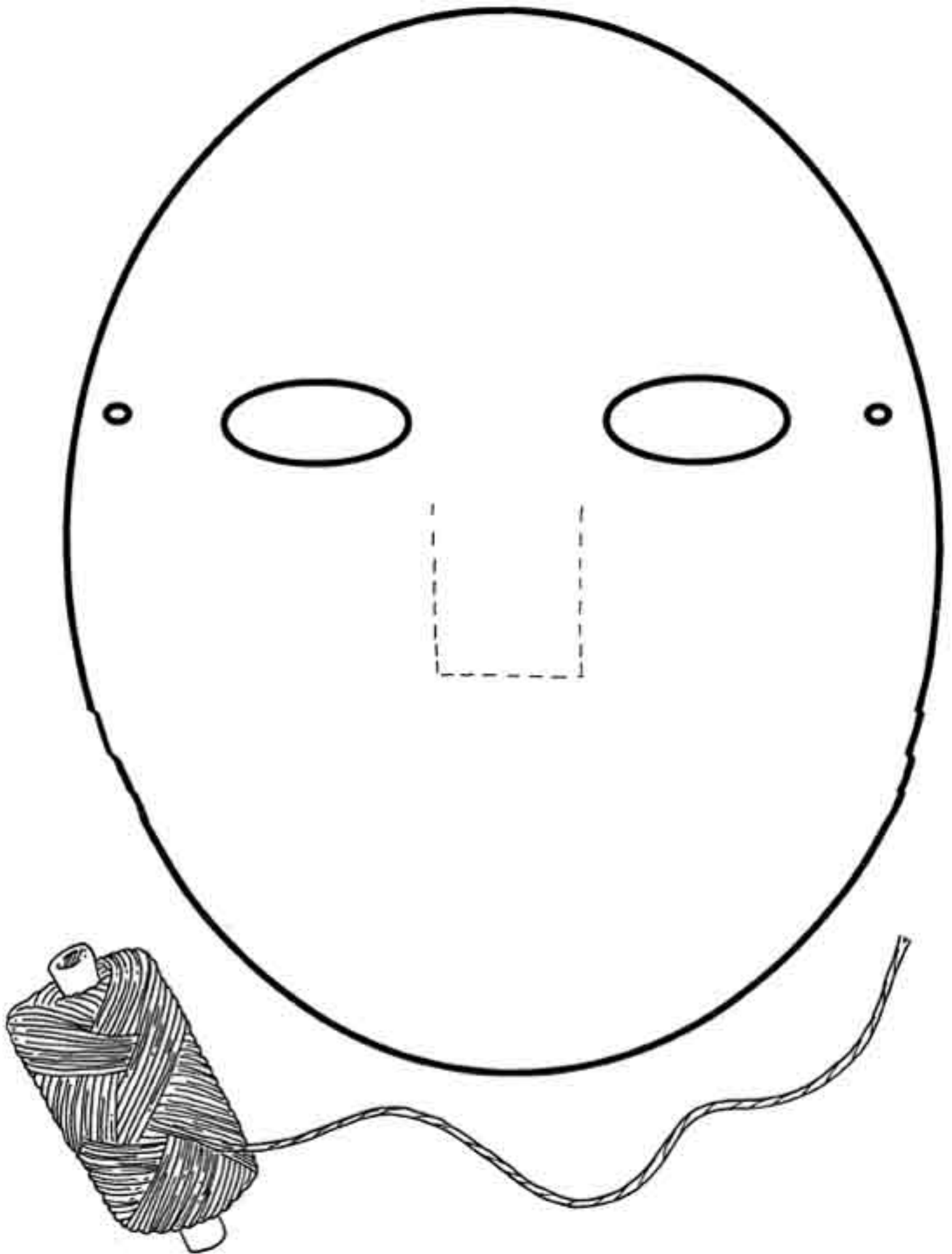


I can't get what I want!



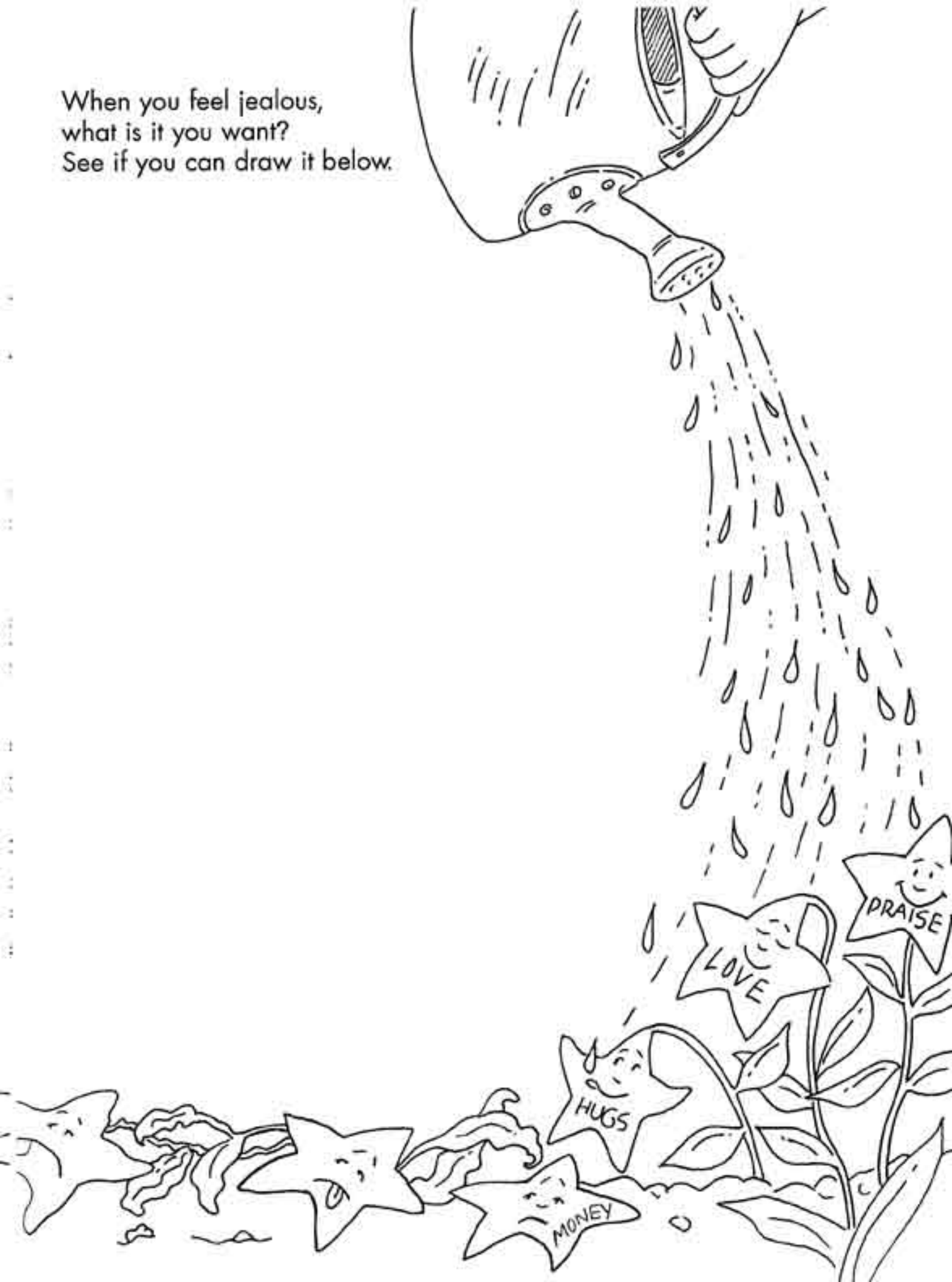
Look in the mirror and imagine what your scary,
jealous creature looks like.
Draw that creature's face on the mask.
Cut out and wear the mask.





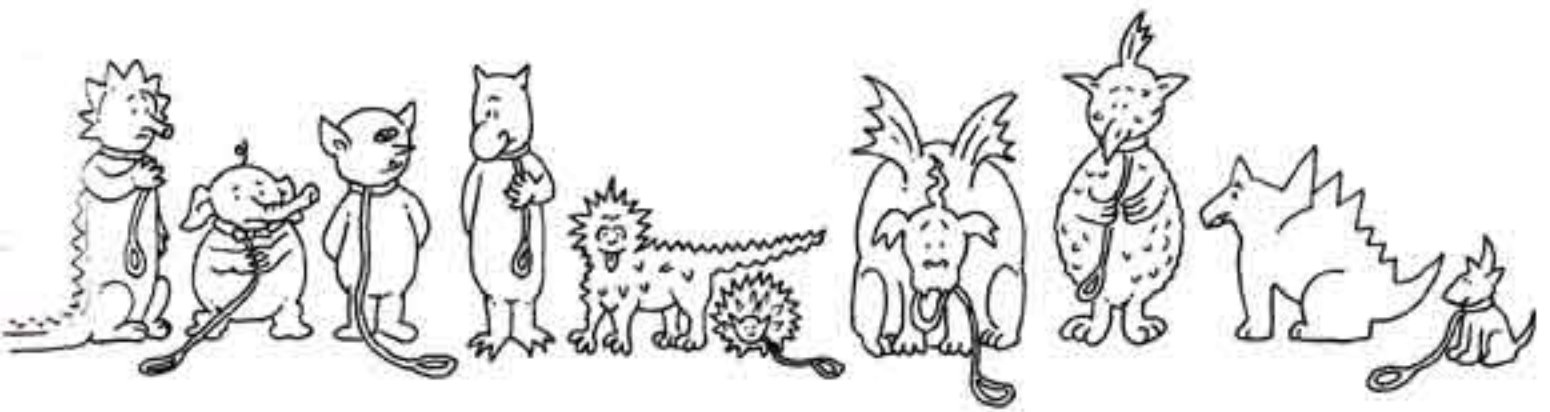


When you feel jealous,
what is it you want?
See if you can draw it below.

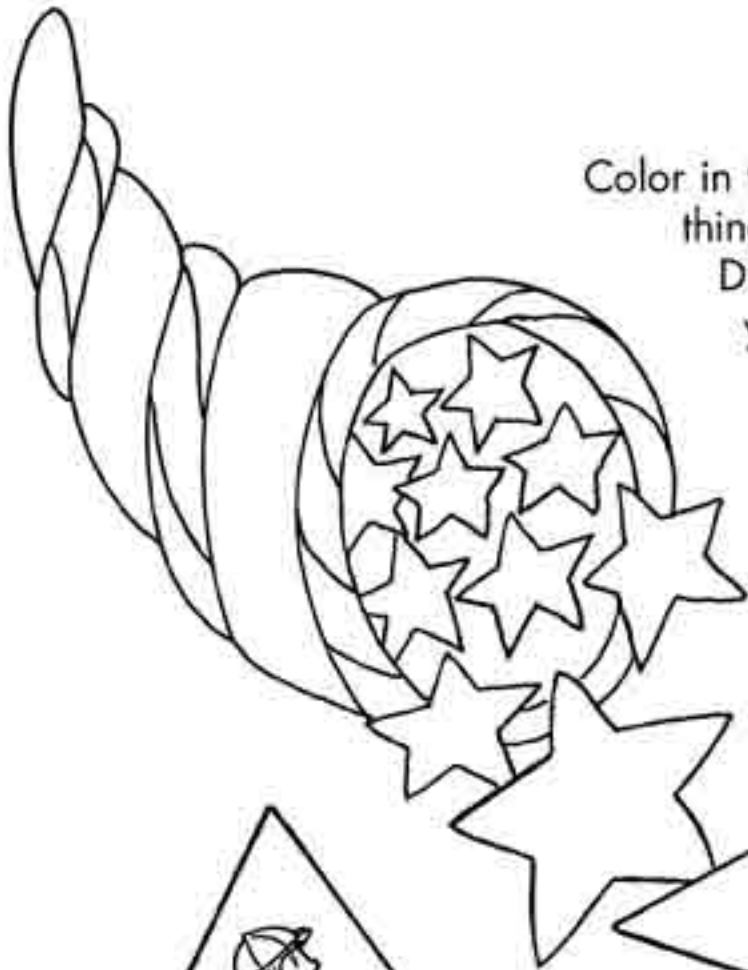


Draw what your jealousy looks like now.
What friendly colors or things could you add?

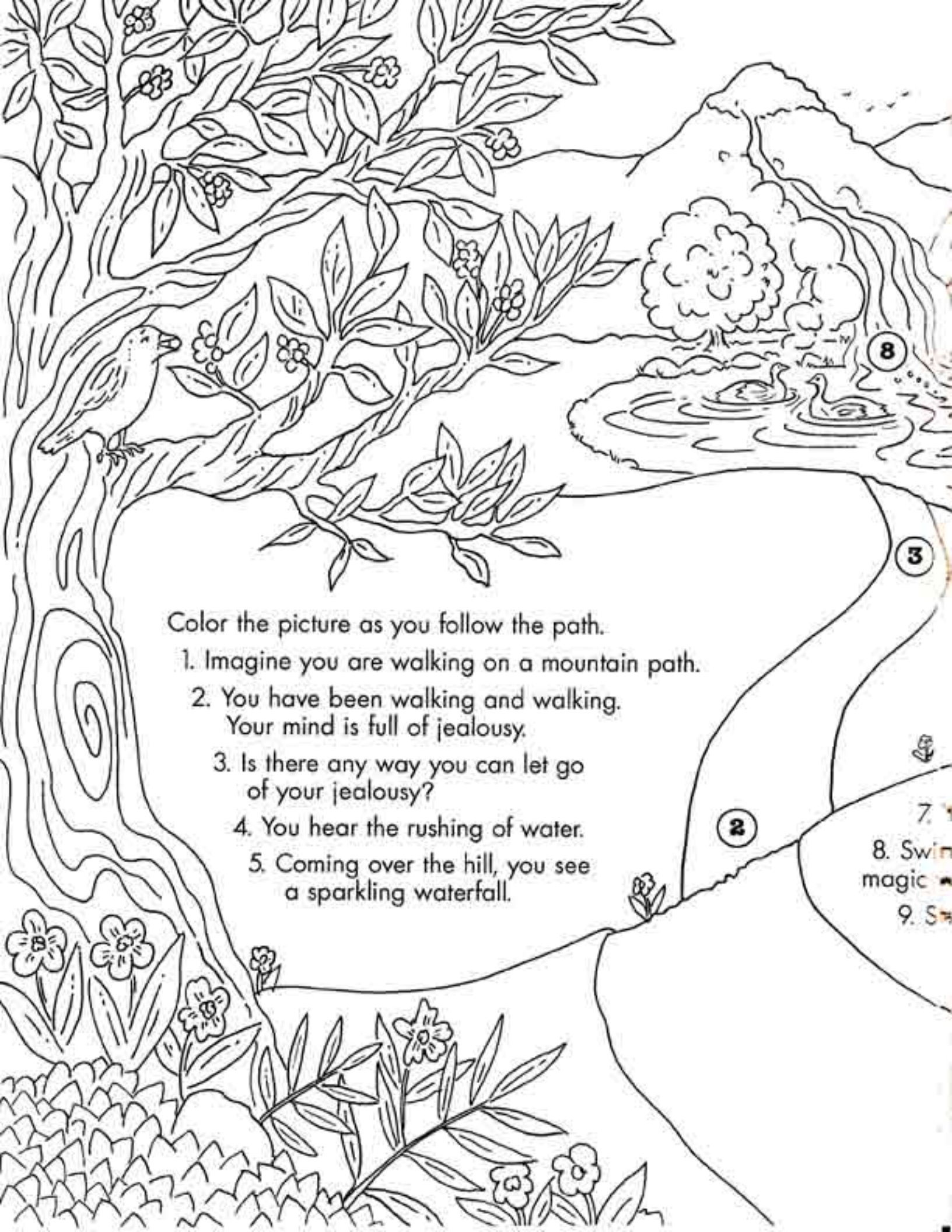




Color in the stars with the things you do well.
Draw in the things that you can teach someone else to do.



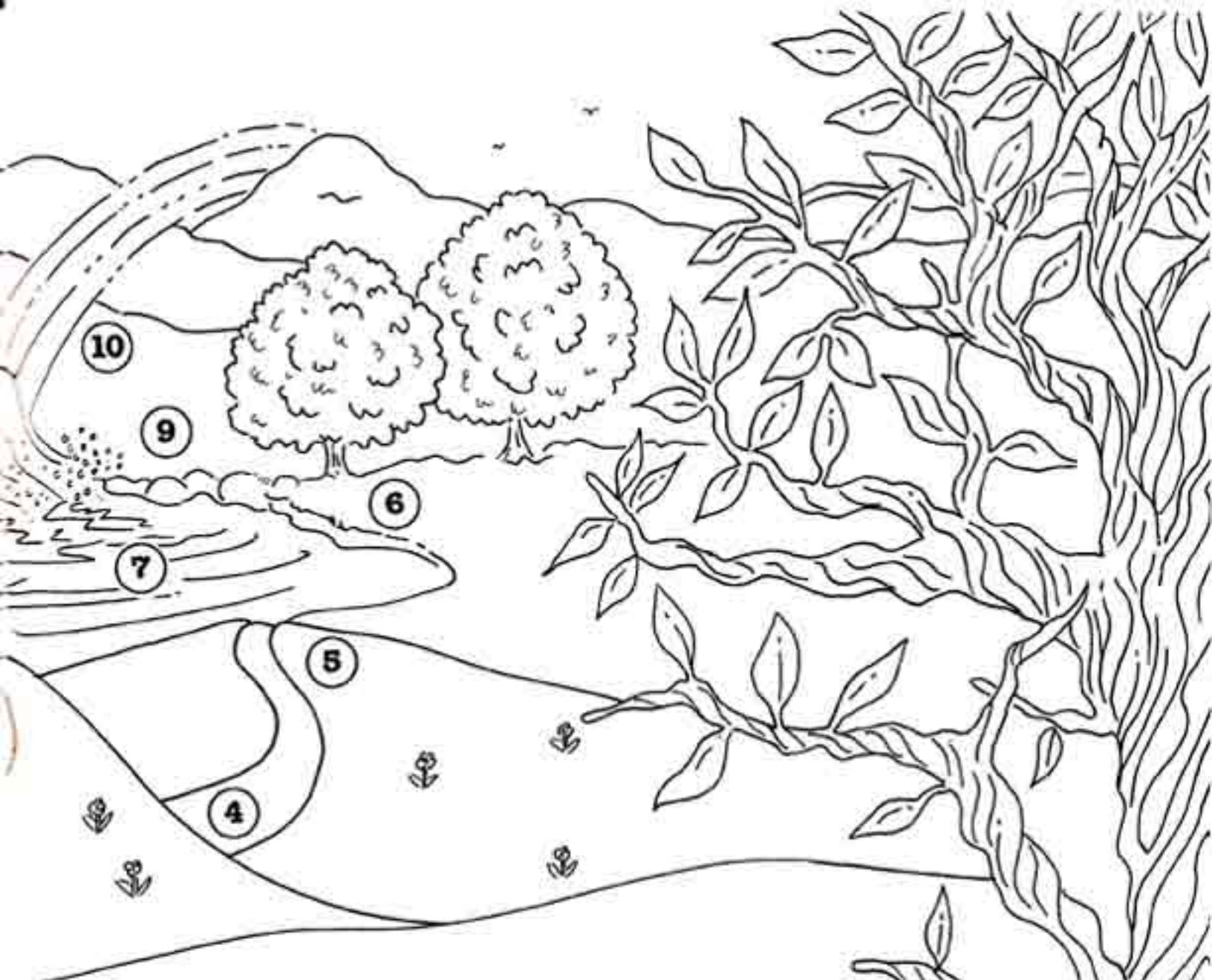




Color the picture as you follow the path.

1. Imagine you are walking on a mountain path.
2. You have been walking and walking.
Your mind is full of jealousy.
3. Is there any way you can let go
of your jealousy?
4. You hear the rushing of water.
5. Coming over the hill, you see
a sparkling waterfall.

7. ...
8. Swim
magic
9. S...



6. Standing by the waterfall, you see a beautiful rainbow.

You step into the pool of clear water.

9. Step over to the waterfall. Stand quietly and let the water wash away all your jealous feelings.

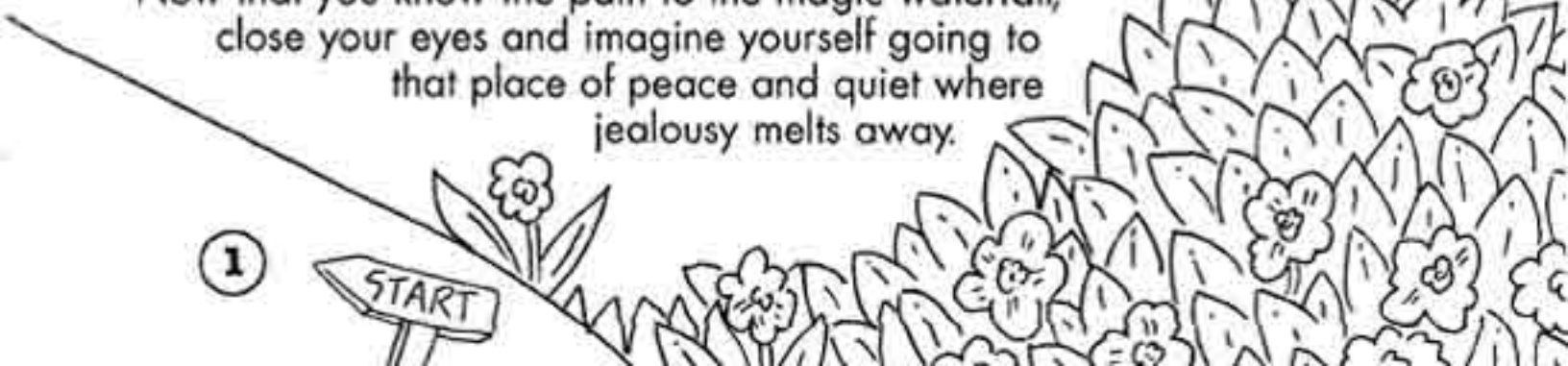
7. Step out of the water—calm and peaceful.

10. Reach out and wrap yourself in a rainbow.

Now that you know the path to the magic waterfall, close your eyes and imagine yourself going to that place of peace and quiet where jealousy melts away.

1

START



Draw yourself feeling great.
Every time you tame a jealous creature,
you gain power and magic.

