



Jealousy Decode Kit

Transform Envy into Self-Knowledge with 7 Days of Powerful Questions

For the emotionally curious—a compassionate guide from Arcane Guides

Your Jealousy is Trying to Tell You Something

Let's be honest: You've tried to stop being jealous. You've white-knuckled through scrolling, bitten your tongue when your partner mentioned an ex, pretended not to notice when your friend got the promotion you wanted.

But jealousy doesn't work that way. The harder you push it down, the louder it screams.



A Different Approach

What if jealousy isn't the enemy? What if it's a messenger—showing you exactly where you've disconnected from yourself?

Over the next seven days, you'll decode your jealousy through powerful questions designed to transform shame into self-knowledge.

What This Kit Contains



Core Questions

Uncover what jealousy is really trying to tell you about your deepest needs and desires



Reflection Prompts

Go deeper into your truth with guided exercises that reveal hidden patterns



Reframe Scripts

Shift from shame to self-knowledge with compassionate language tools



Action Steps

Small, concrete moves you can make today to reclaim your power

How to use this kit: Work through this in seven consecutive days, or take weeks—whatever pace feels right. The goal isn't to "cure" jealousy overnight. The goal is to understand it so deeply that it loses its power over you.

Before you begin: Grab a pen, find a quiet space, and make a promise—for the next seven days, you'll be ruthlessly honest with yourself. No judgment, no fixing—just truth.



Days 1-2: Foundation of Self-Knowledge

1 — Day 1: Find Your Unchangeable Truth

Core Question: "What parts of me are so true, they come from the core of who I am?"

When everything else changes—your relationship status, your job, your body, your bank account—what remains constant about who you are?

2 — Day 2: Decode Your Judgment

Core Question: "Where does my judgment of others really come from?"

When you judge someone harshly or feel intensely jealous, you're seeing a mirror of something in yourself.

When you don't know who you are at your core, you use other people's lives as a measuring stick. But when you're rooted in your truth, jealousy loses its grip—because you're not trying to be anyone else.

Day 1 Deep Dive: Your Core Values

Reflection Prompts

- The three values I would defend even when they're unpopular are...
 - When I feel most like myself—no performance, no pretending—I am...
 - The last time I betrayed one of my core values to please someone else was...
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Reframe Script

~~Old story: "They have it better than me. I'm not enough."~~

New story: "Their path is theirs. Mine is mine. I'm building a life that reflects my values, not theirs."



Why This Matters

When you're rooted in your unchangeable truth, comparison becomes impossible. You have an internal compass that guides you.

Days 3-4: Clean Your Environment & Reconnect with Joy



Day 3: Audit Your Social Media Diet

If scrolling leaves you feeling worse about yourself, it's not inspiration—it's poison. Track every jealousy pang for one day, then do the brutal audit: unfollow anyone who makes you feel less-than.

Social Media Jealousy Tracker

What I Saw	How It Made Me Feel	What I'm Really Craving
Track each scroll	Name the emotion	Identify the need



Day 4: Reconnect with What Makes You Alive

Jealousy vanishes when you're deeply connected to your own joy. List five times you felt fully ALIVE, find the pattern, then schedule ONE thing this week that lights you up.

- Reframe:** "I'm comparing my behind-the-scenes to everyone's highlight reel. That's not reality—it's performance."

Day 5: Stop Performing, Start Being

Am I showing my true self to the people who love me?

The Jealousy Trap Nobody Talks About

When you hide who you really are, you'll always feel insecure in relationships. Because they don't actually love YOU—they love the version you're performing.

When you're performing, you become jealous of people who seem more authentic, more confident, more seen. But you're not jealous of them—you're jealous of their *freedom to be themselves*.

Deep Dive Prompts: The parts of myself I hide from my partner/closest friends are... • I'm afraid if they knew the real me, they would... • One truth I've been avoiding telling someone is...

Vulnerability Script (Adapt & Use)

"There's something I need to tell you, and I'm scared. I've been hiding [this part of myself/this truth] because I'm afraid you'll [leave/judge/think less of me]. But I don't want to keep performing. I want you to know the real me."

Days 6-7: Face Your Self-Deception

Where am I lying to myself?

Self-deception is jealousy's best friend. When you lie to yourself about what you want, need, or feel, you can't trust your instincts—which means you can't trust anyone else, either.

Common Lies We Tell Ourselves

- "I'm fine with this open relationship" (when you're not)
- "I don't care about money/status/appearance" (when lack of it is making you miserable)
- "I'm not jealous" (when you're drowning in it)
- "It doesn't bother me" (when it absolutely does)

The Brutal Truth Exercise

Complete these with the *first thing* that comes to mind:

1. The thing I've been pretending is okay, but actually isn't, is...
2. I'm lying to myself about [this relationship/job/situation] because if I told the truth, I'd have to...
3. The need I keep ignoring is...

Day 7: Choose Your Hard

Both truth and lies are hard. The lie keeps you stuck. The truth sets you free.

Which hard do you choose?

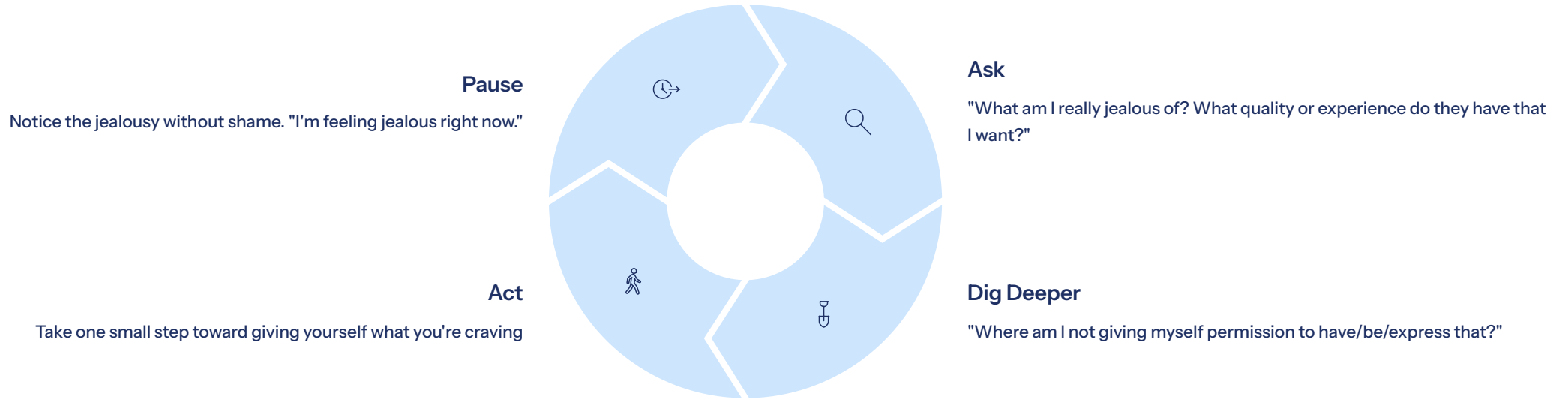
The Consequence Map

If I keep lying: (Write the consequences)

If I tell the truth: (Write the consequences)

Integration: From Jealousy to Self-Knowledge

If you've worked through all seven days, you've done something most people avoid: you've stopped fighting jealousy and started listening to it.



What You Now Know

- Jealousy is a compass pointing to disconnection from yourself
- The people you envy are mirrors showing you what you're not letting yourself have
- Social media feeds comparison, not truth
- When you're rooted in your values and joy, jealousy loses its power
- Self-deception breeds insecurity; honesty breeds freedom

📌 When Jealousy is a Red Flag

Sometimes jealousy signals a real boundary violation. Trust your instincts if your partner is secretive, crossing boundaries, or your gut says something is off. That's wisdom, not insecurity.

You're Not Broken. You're Becoming.

Jealousy doesn't make you a bad person, a toxic partner, or an inadequate friend. It makes you human. And more importantly, it makes you someone who's paying attention.

Most people spend their entire lives pushing jealousy down, pretending it doesn't exist, or letting it corrode their relationships from the inside out. **You didn't do that.** You leaned in. You asked the hard questions. You got honest. **That takes courage.**

The version of you that scrolls jealously through other people's lives? The one who compares, performs, and hides? That version was doing the best they could with the tools they had.

But now you have new tools.

Monthly Check-In Practice

"This month, I was most jealous of... which taught me that I need to give myself permission to..."

When You Need More Support

Self-work is powerful. But sometimes you need a guide—someone to witness your truth without judgment.

Book a 1:1 Guidance Session

Contact Arcane Guides:

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You're not too much. You're not broken. You're not behind. You're exactly where you need to be—asking the questions that will set you free.

With warmth and without judgment,

The Arcane Guides Team ❤️