

Understanding and navigating jealousy

Guest: Ali Hendry

Disclaimer: The contents of this interview are for informational purposes only and are not intended to be a substitute for professional psychological advice, diagnosis, or treatment. This interview does not provide psychological advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition.

Jaia Bristow - [00:00:09]

Hello and welcome back to the Relationship Super Conference. My name is Jaia Bristow, and I'm one of your hosts. And today I am so, so happy to be welcoming Ali Hendry. Welcome, Ali.

Ali Hendry

Hello. Great to be here. Thank you so much for hosting me.

Jaia Bristow

Thank you so much for joining us today.

I'm particularly excited about today's conversation because Ali Hendry hosts a weekly relationship room on *Clubhouse*, part of the *DIVA Community Club*, and interviewed me just quite recently for that. And it was a great conversation, and I've popped into many other conversations where you've interviewed other people, and it's really great. So I strongly recommend people check that out.

Now, Ali Hendry is a certified holistic relationship coach, TEDx speaker, relationship journalist for *DIVA* magazine and an award winning communication and skills trainer. Her interest in jealousy arose from living a range of relationship designs and working with her coaching clients.

So that's the topic of today's conversation. We're going to be talking all about jealousy. Ali, do you want to start by telling us a little bit about where you think jealousy actually comes from?

Ali Hendry

It's a really interesting one. It gets bad press. We invest a lot of time and energy into looking into jealousy and feeling other emotions associated with it, things like shame.

And the obvious one that a lot of people talk about is, jealousy is about insecurity. And that's something that I heard a lot from people. But it seemed that that became the stock answer, as opposed to people getting a little bit more curious about what else could lead to those feelings of jealousy.

And so I started to have a little root around. I started to ask questions of my clients and started to do some reading around it. And there are a range of different areas where jealousy can arise.

For me, one of the things that comes up is around a feeling of invisibility, which is something that came from childhood, being the middle child, the middlest child, the attention seeker doing all the traditional middle childy things and wanting to be seen. So that invisibility in a really busy family of five that I grew up in was something that I craved. And so searching for being seen somehow got mixed up with my own jealousy. So the invisibility is very much there for me.

[00:02:43]

Other things like, it might be that you have had an experience where a secret was suddenly revealed and so there's part of you that scans, what I call scanning for risk. So this is another area where you might be set up to be the kind of person that is a bit forensic and looks for clues. And again, that could be something that underpins your jealousy. So, insecurity, absolutely. But let's ask questions about what else and what else, and then what else, and see what comes up.

Jaia Bristow

I love that. And I think one of the things that really resonates for me, I was speaking, I think it was to Martha Kauppi on this conference about jealousy briefly, and we were talking about how it's just one difficult emotion amongst so many others.

And people seem to vilify that emotion particularly, and feel like it's bad to have it, that you shouldn't. And it's like a taboo emotion that if you experience jealousy, that means that, like you say, that you're insecure or that there's some shame around it or that you shouldn't. Rather than just, oh, it's one emotion like many others, like anger or sadness or all these other emotions, which are not the most pleasant or comfortable emotions, not always the easiest to be with, but we're human and we get to have a full range of emotions. And I think that's really important.

Ali Hendry

It is a complex one. You're right. It's not a clean cut emotion. It does have other things that become quite easily attached to it. And so sometimes being able to explore all those other areas that might feed into it, at different times, again, it's not going to be that you always feel the same sorts of other feelings or emotions attached to jealousy.

So, it's definitely a complex one. It's also an active emotion. It sparks movement. And I think, again, for some of us, we will use that to the detriment. So we might use it to move away from our partners instead of actually using that movement to move ourselves towards our partners so we can turn it around.

Jaia Bristow

I like that. I like the idea of it being an active emotion and that you can choose which direction you move in with that active emotion.

Would you say there are some benefits to jealousy and if so, what are they?

Ali Hendry

I think there are. One of the main things that comes up for a lot of clients around jealousy, is that feeling of shame. And what we talk about sometimes is actually, if I can think of jealousy as something that I experience as opposed to, I am a jealous person, and that's the phrase you hear a lot. People going, I couldn't be non-monogamous because I'm a really jealous person. And I like to have conversations about, actually that's you putting something on you as opposed to you feel jealousy. What are the situations where you feel jealousy? Why is that happening?

A lot of reading that you would do around non-monogamy and jealousy comes up a lot. There are lots of wonderful content creators and researchers that talk about jealousy in the non-monogamy world. And one of the things that comes up time and time again is, use jealousy as a sign. Use it as a sign to have a look for something. You don't have to put a value judgment on it. Just use it as that sign.

You can also use jealousy, as I said it's an active emotion, so you can use it for things like kink. There are people, including myself, who find jealousy a kink. I enjoy getting that urch moment where I'm seeing a partner with another partner. Yes, some of it is that word compersion that comes up in terms of that enjoyment of seeing my partner enjoying someone else, but also there's jealousy there for me.

And I like that. It drives me. It gives me that bity passion bit that I enjoy. So for some of us, that nemesis becomes our paroxysm, which is a lot of fun in certain settings.

Jaia Bristow - [00:06:50]

Nice. Thank you for sharing that. I love that, because that's not something that I hear about so much, in jealousy as a kink. I know about couple fantasies and things like that, for example, but that's very focused often on men and masculinity. And so it's interesting to hear you share feeling that juiciness when you feel the jealousy.

And also the fact that you're talking about compersion, which again, as you defined, is appreciating seeing your partner with someone else. Feeling joy at that and jealousy together, because I often think of them as opposing each other. That you can have one or the other. So I love that you're speaking about having them both together.

Ali Hendry

I've absolutely felt both. And I think you're right, sometimes people see them as opposites. I think compersion could be an antidote. It could soften feelings of jealousy, as other things could. Doing a relationship gratitude list can soften the feelings of jealousy, as can using community and friends to talk about jealousy situations, that can soften it. So I think compersion can definitely be seen as a softener. It doesn't have to be a cure.

Jaia Bristow

And I like what you're talking about, about softening jealousy. Because jealousy can be quite intense and it can be quite hard and it can be quite painful. So what are some other ways people can, either soften the jealousy or be with the jealousy? What do you suggest when jealousy does arise in someone?

Ali Hendry

There's been lots of work in terms of naming emotions and the importance of that, in terms of helping us to unpick them, explore them, and reform them.

So what we talked about earlier in terms of really having a look at where jealousy comes from, you might want to write a letter to your jealousy, find out where it comes from, how it shows up, what are its likes and dislikes? You might want to draw some pictures of it. What's its color? What's its shape? Where does it tend to rest in your body and why?

So just have an exploration as if it were a human being. Take it for a walk. Why not go for a walk with your jealousy, have a conversation with it. Maybe there is a particular song that you want to attach on to it that gives you that space and time to have a think about it.

I think when you're in jealousy there are some great tools you can use. So, for example, you can bracket a section of time. And we do this with kids if there's a distressing situation and children can be encouraged to, let's save that up and then later on today we will have this saved time where we can actually talk about this and use this. And it can work really well in that setting.

And so I think, again, for your jealousy, using that situation where you might set the stopwatch on your phone, half an hour to let those feelings in, let them spin around, think about them, write on them, meditate on them, whatever your practices are there that you're comfortable with. And then have something else prepared afterwards when that stopwatch goes off, do something else. So you've used that time, you've allowed that in. You haven't rejected it. You haven't given it more airtime than it needs. And then you give yourself a celebratory cup of tea or yoga. Go for a walk.

Jaia Bristow - [00:10:17]

Wonderful. I love that. What I'm hearing is, number one, be curious about your jealousy. Where is it coming from? Where is it? How do you feel it? What does it feel like? And then have a relationship with your jealousy rather than repressing it and hating it and feeling like you shouldn't have it or whatever else comes up, have a relationship with it. Like you said, take it for a walk, go for a conversation, have a conversation, write a letter. And then that giving it space as well to just be with it.

I love all of those pieces of advice, and I think they're applicable for lots of different emotions, but I particularly like it around jealousy. And I think sometimes what you were talking about earlier about jealousy as being a sign, I sometimes think of jealousy as being a bit like anxiety, but specifically in relation to another. Anxiety can come up in all kinds of different situations, whereas jealousy is often around another.

And I know for myself, understanding my jealousy, understanding my history for me, it comes up a lot in relation to my sibling and growing up and the relationship I had with them and with them in relation to my parents and all that kind of thing.

And so having done a lot of work now, when it pops up, I see the patterns, I see the object relations that are arising. And so then it helps me be less identified within the situation itself and understanding, oh. And then once you understand it, you can have the space to do all the things you've just spoken about.

Ali Hendry

Absolutely. And being clear on what it means to you, how do you define it personally? Because certainly when I was going on my jealousy journey, jealousy and envy quite often get confused. And that's not surprising. There are some languages where there's one word for jealousy and envy, so that's quite interesting. We have both.

And again, I think by having that awareness of what are the similarities? What are the differences? That can help us explore the whys around it. So jealousy being that fear of losing something to someone else. So fear is in there and loss is in there. And envy being wanting something someone else has. So that wanting. And so knowing that difference.

And I know for me, when I look back at my childhood, there was a lot of envy. There wasn't so much jealousy, but I probably would have called it jealousy back then. It wasn't that I was losing my parents, but I was craving attention. I was wanting attention because there was always so much going on around us. So it was more that envious side rather than the jealousy side.

And as you say, absolutely, in relationship it's the jealousy, it's the fear of that person is going to go off with someone. That risk assessment. And risk is an interesting one because they're either going to cheat on you or they're not. You're either going to cheat on them or you're not.

And actually, sometimes we can get a reframe on that. Risk doesn't exist, which I know is quite an out there concept. But you can't control what your partner or partners do or say or where they go. Obviously, you can set up situations where you move towards them and you work on connection rather than separation, but actually, if a lot of jealousy is about risk of loss, what does risk mean to you? Where does that fit in you?

Jaia Bristow

I love that. And I'm really glad you talked about envy and jealousy and the difference between the two, because that was something I wanted to ask you about, because I know that's something we've touched upon on *Clubhouse* before.

[00:14:03]

And I love the idea that envy is about desire, and jealousy is about fear, fear of loss. And that there are subtle differences, but they're quite key differences. And again, understanding is it envy I'm experiencing right now? Do I want what this person has, or is it jealousy? Am I afraid that I'm going to lose what I already have? I think it's fantastic.

And then I was curious as well, because when you were talking about risk, and you can't control another person, that got me thinking about communicating when jealousy arises. Because you're right, you can't control what someone else does. And if you feel jealousy, then it's how do you communicate that with your partner? Is that the time to set boundaries, to make requests, to do a bit of both? And then how does that all work, communicating with your partner or partners or friends or whoever it is you're experiencing jealousy within those moments?

Ali Hendry

A lot of my coaching clients are in therapy as well. So quite often they'll do one week of therapy and one week of coaching, or they're having a therapy break. I'm a real advocate of both. Obviously, what I do is the coaching side so I'm very much focused on where are people at now, where do they want to go, what can help them move to those places?

But I also am a big advocate of looking at the past with a view to healing. So the therapeutic and counseling side of things as well. And so I'm interested, and I do a lot of reading, and with a lot of people we will talk about attachment, attachment theory. And I know that's something that you've talked with guests before as well.

So, what does a secure relationship look like? Well, it's interesting because I've had a range of different types of relationships, monogamous and non-monogamous. And one of my most secure relationships was an open relationship where it was defined by me feeling equal levels of commitment and freedom.

The freedom side was the sexual freedom. And that gave me internal freedom by both of us having that situation where we could, what we call dalliances, where we can have dalliances with others, and we have agreements around what that looks like and we have regular chats about it, big communication about it.

And what happened with that when it comes to the jealousy is, I felt the least amount of jealousy for several reasons. One was, it wasn't any easier bringing up conversations around jealousy. We both felt we were allowed to. There was enough else with the security of our attachment, with the way that we connected, with the way that we showed up for each other, there was enough that allowed us to both feel free enough to have those difficult conversations about jealousy and to say, what can I do?

And I think again, if we go back to jealousy, having this shame of, I should just deal with it by myself, and there's something wrong with me. You're in a relationship. There is that situation where they are responsible for some of this. And I think sometimes we think we have to do it all by ourselves, and we shouldn't ask for help. If you're on the other side, if you want this relationship to work, part of your job is to say, what can I do differently? What else can I do? What do you need from me?

Those situations where one of us might have been on a date with somebody else, what do you need me to do? What will you be doing? How are we going to reconnect after that date? Knowing what those parameters are, knowing what information we want and what information we don't want, and assessing it constantly. Just because it works with that situation doesn't mean that next week when you go on another date I'm going to feel the same thing. So that check in was always really important on that front.

Jaia Bristow - [00:18:16]

I love that. And I love that you're talking about jealousy in both monogamous and non-monogamous relationships. I love that you're talking about attachment theory.

And for people who want to know more about attachment theory in non-monogamous relationships, I interviewed Jessica Fern, author of *Polysecure*, on this conference, and she's fantastic.

Ali Hendry

Everybody should read it.

Jaia Bristow

Definitely.

Ali Hendry

My two favorite topics in one book. Thank you, Jessica Fern.

Jaia Bristow

Exactly. She's writing a sequel called *Polywise* with David Cooley, who's also on this conference, so people can check that out as well.

But one of the things I was saying is, when you talked about that balance of commitment and freedom, I think that's so important. And people in all types of relationships sometimes get too focused on one or the other.

And so often in non-monogamous relationships, people are so focused on the freedom that they sometimes forget that commitment is a crucial ingredient as well. And in monogamous relationships, sometimes people are so focused on the commitment that they forget that freedom is also an important component of a healthy relationship and of secure attachment.

And I know that in my experiences, I myself have been more focused on one or the other, depending on my relationships. And I think, like you say, having that balance, having those check ins with people. And the description you were giving sounds like quite an open relationship. And then there's, of course, more like relationship anarchy or non hierarchical, non-monogamous relationships as well, which come into play.

But whatever relationship form you have, if you are engaging in a relationship with someone, whether that's romantic, sexual, friendship, whatever it is, like you say, there needs to be some level of commitment and there needs to be some responsibility for the other person's feelings and the way you're impacting them and the way they're impacting you. And so I think that's so crucial to remind people.

Ali Hendry

What does commitment look like to you? And this is something that I learned the hard way in terms of working out what I needed and being able to ask for what I needed as well.

So, commitment and showing up, how does that show itself? And what are your partner or partners prepared to do for that? And then what are you prepared to do for their commitment, to build that trust, to build that foundation, to be able to explore in whatever way that means? Whether that's in a monogamous situation you're exploring other friendships or going into a new job, etc. There's always going to be situations where it can shake up the relationship a little bit. It doesn't have to just be in the non-monogamous world.

Jaia Bristow - [00:21:10]

Absolutely. And so let's talk about practical tips. So obviously, you're a relationship coach and I assume you have clients coming to you struggling with jealousy, asking how to deal with it. So what are some practical tips that our listeners and viewers today can incorporate into their lives if they too are noticing that they're experiencing jealousy and are not really sure what to do with it?

Ali Hendry

I mean, like anything that you want to change, it's a daily practice. Like anything new, it can be a daily practice.

So one of the things I like to do is explore, what are you doing already? What habits do you have in place already? And can you stick something new on top of that?

So say for example, somebody is wanting to do some more reading around jealousy, then it may be that, well, you always get up, you put the kettle on, you sit down, you have a 10 minute cup of coffee. So have the book that you're going to read next to the kettle so that when you put your coffee on, you're like, oh yeah, I need to do that as well. Instead of scrolling through social media.

So it's looking at what you do already and how can you start to bring in these little changes that suit you, that suit what you're doing already. And then there might be a tipping point where you want to invest a little bit more time and then a little bit more time.

In terms of what the actual areas are, what the tips are, it's tailored. So as much as I might want to give advice and guidance and they might ask me, what do I do? It's down to that individual to work out what is their jealousy about? Where are those areas that they want to explore?

Perhaps I'm dealing with couples and they've come into a session and they want to look at how they can work through this. So I might set them some homework, but the homework comes out of the areas that they've already shown up in front of me in terms of the sticking points or the patterns that keep coming up for them. And they want to do some rewriting. They want to be able to move forward in a different way. So I'll reflect back those patterns and then ask them what they want to do differently.

And even when they say no, as a holistic coach, I believe we have everything we need. We sometimes need someone from the outside looking in to help us navigate and find those particular areas. So that's my job.

Jaia Bristow

Wonderful. And we've spoken a lot about, for those of us who experience jealousy, I definitely include myself in that, about what we can do and how to process and how to communicate with partners and stuff. But what about being in a relationship with someone who experiences a lot of jealousy and not experiencing much jealousy oneself?

So I know I've been with partners who don't experience jealousy at all and they don't really know what to do with my jealousy. And I admit, sometimes I present it to them in a very calm way, and I own it and I explain, I'm just feeling this, and can we have a conversation about it? And their reactions vary depending on that. And then if they react badly, that's usually a big red flag for me when I am owning it.

And sometimes I'm a little less delicate with it because I'm human and sometimes I project and I am caught up in the identity or in the object relation that I was talking about earlier.

So for people who are in a relationship who don't struggle with jealousy themselves but has a partner who really struggles with it, what is some advice for them on how to deal with that?

Ali Hendry - [00:24:48]

You used the word earlier, and I use it a lot as well, in terms of curiosity, being curious. Why is that happening? What is going on for you? How does that feel? If you've written your letter to your jealousy, then show that to your partner so that they can understand how these things might come up. Because sometimes the most innocuous acts can be misread. We're great at filling in the blanks. Some of us are so creative. My brain is fabulous at coming up with a beautiful piece of believable fiction. So I will see things and sometimes I'll even think I feel things that are simply not there.

So sometimes it is about getting back down to the facts. And patience, I would say for the partners as well. If your partner is asking you this question, try and take it in the spirit in which it's given. Give a factual response if you can, because that's what they need. They've done enough creativity on their own. And so just like, this is where this situation is.

Compassionate. And again that's, what can I do? How does this feel for you? What's my part in this? This must be really hard. Because I don't feel that emotion. I don't have a reference point for that emotion, so help me to understand.

And finding things that do help you connect and reconnect and turn towards each other. Finding activities. The other night, going on YouTube, playing old videos from way back when, and just listening to the songs that were important to you, the songs that were important to them. Looking at these ridiculous old fashioned videos. Getting to know that person in a completely different way.

So find fun activities where you're doing them together and you're learning about each other and just having fun and having a laugh so that you have those things laid down, you're building. Again, it's that building that secure, securely attached base together. You're growing your own rituals and routines.

Jaia Bristow

Absolutely. And I think when you were talking about giving factual answers, for example, jealousy, as you explained, unlike envy, is really about a fear of losing something and it comes there's some anxiety there. There's a fear there. For me, I don't feel jealous when my partners sleep with other people, it's all about trust. It's about, I need to know what's going on in their lives.

And again, I get jealous a lot with my friendships as well. I get very jealous if one of my close friends has a new person who is more important to them in their life. And even if that person is a romantic partner and I'm just a friend, there's still the part of me which is afraid that that's going to impact our relationship and that I'm going to lose something.

So I think as well as everything you said, some things that also resonate with me that I know would help is, number one, not taking it personally, not taking it as an attack. And again, like you say, it's all very tied in with secure attachment. So just honest, direct communication. Being factual, not taking it personally, understanding that it's the other person's emotions. Taking space if that needs to happen first, and then talking about it more calmly and just being reassuring, being loving.

And then the things you've mentioned as well, like doing nice things together so that the person feels special and feels like they're important and they matter as well. And again, Jessica gives lots of great advice for secure attachment. She has a wonderful acronym called HEARTS that she goes through on this talk, and talks about all the different ways that that can lead to secure attachment. So I just wanted to bring that in, too.

Ali Hendry

Absolutely. And you're right, trust is another great one to find out what are your thoughts around trust? What are your partner's thoughts around trust? I'm a big advocate of relationship books, and having your own relationship books that you then you write stuff in and then you share with each other.

[00:29:04]

Start off by doing the love languages. Everybody should do the love languages. Put them in there first. David Chapman, how do you show love? How do you want to receive love? Put in there things like trust. What does trust mean to you? What does commitment mean to you? Get creative, get the pens out, do the spider diagrams. Have a look at the similarities and the differences in terms of what they say and you say.

And that's going to help you understand each other, because we crave connection and we're built for connection. We don't have the rulebook in terms of how to do it successfully. So we muddle along. And any kind of practices we can do together to bring our relationship into a united place, then all the better.

Jaia Bristow

Brilliant. And one last thing I want to touch upon as well is, we've talked a lot about jealousy is a normal emotion and it's quite healthy and it can signal things that need to be looked at. And we've talked about how to communicate on jealousy. We've talked about how to receive your partner's jealousy and all of this kind of thing. And of course, there's the reality that jealousy can also not look that well and can be a bit toxic at times.

So I just want to bring that in and acknowledge that it is a natural emotion, but like all other emotions, if it's not dealt with well and if it gets out of hand, then whilst we are, when in a relationship, partly responsible for someone else's emotions, it is important to look out ourselves. And if our partner is using jealousy to be in any way manipulative or controlling, then that's a red flag. And it's okay to either step away from the relationship or set clear boundaries or ask professionals for help or ask for other people for support.

So I just wanted to bring that in. I don't know if you have anything you want to add on the back of that?

Ali Hendry

I think that's really important to raise, because jealousy has been labeled as an indicator of my depth of feelings. And that can be really dangerous because it allows some of those feelings that you've talked about and some of those behaviors, and I mean behaviors in terms of manipulation, whether that's physical, mental, spiritual, educational, whatever side of manipulation is being used there, that is not okay.

And I think, again, that needs to rewrite.

Jaia Bristow

It's important to remember that jealousy isn't always an indicator of your depth of feelings. That jealousy is an emotion that can arise, but like you said at the beginning, it can indicate so many different things.

But I know that for myself, I felt insecure when my partners didn't feel jealousy, as if that meant that they didn't love me, but that was insecurity. That was society telling me that that's what jealousy meant, and that that's not true.

One of my healthiest relationships, my partner didn't experience jealousy because they trusted me implicitly, and I never gave them a reason to feel jealous. And sometimes I'd get frustrated by that. It was one of my earlier relationships as well and so sometimes I tried to act out to make them jealous, and they were like, why are you doing this? I think that's really important to remind people.

[00:33:09]

And so talking of educating around jealousy, what's some ways that we can undo that belief in society that jealousy is a barometer of how much someone is loved or not loved, and work with, for example, with children. How do we teach children to manage and deal with jealousy from an early age?

Ali Hendry

We're in a world now where children are taught a lot about personal, social, health education at schools. And so emotions like jealousy are talked about and explored. And so as parents, there's that added requirement to notice when a feeling shows up that your children might not be able to understand. And it needs, what we said earlier, it needs that airtime. It needs that attention. It needs that unpicking it a little bit so that you can see what's underneath it and why it's showing up.

So it's really important to help children to learn to label their own feelings and their emotions. A lot of kids are really into somatic work. So helping them to check in with what's coming up, thinking about things like the fight, flight, freeze, fawn, and again, showing them how some of those feelings manifest in a behavior or something happening to their bodies and not shying away from it.

Okay, we're busy, and we may not be able to address it right there and then. It might not be the right environment, but make sure you go back to it. Make sure when times are quieter and calmer, then you can revisit that situation and you can find out what was going on for them. You can talk about it.

And this is whether jealousy is showing up in you, showing up in them, showing up in their friendships, which, of course, become more and more intricate as they go through high school.

So it's spotting those opportunities where you can go, oh, yeah, that's really hard. And they don't always need an answer. They don't always need an answer. And this is the same for adults as well. Sometimes we feel like we're programmed to problem solve and actually just sit beside them and listen. That's enough more often than not.

Jaia Bristow

I think that's really important, what you're saying that we don't always need to fix these emotions, that we can just be with them in ourselves and with other people and just hold space for the emotions of someone else.

But I was also really struck by what you said about if you're a parental figure or a guardian or if you're an adult in relation to a child, that holding jealousy for them in relation to you, but also that you might have jealousy in relation to them. And that you might, if you're a primary caregiver and then suddenly the person is going off and having all these relationships with other people, that might bring up feelings of jealousy as well. And that that's also okay and natural and can be worked on and felt and managed in all the ways that we've talked about today.

Ali Hendry

Absolutely. As a parent you might feel jealous of your time being taken away because your other parent is investing a lot of time in your child. So that's very real. And that's allowed. And that's another area that needs exploring.

Jaia Bristow

Absolutely. They're important relationships to remember. Like you say, so in parenting, it's like jealousy with one's child but jealousy with one's partner in relation to the child. I think in family dynamics jealousy can come up in all kinds of ways. That again, is okay. That maybe society tells us one thing but that we're humans, we experience emotions, we experience a broad range of emotions and that's all okay.

[00:37:04]

I think that that's the takeaway that I'm taking from today's conversation, that if jealousy comes up or not, and in whichever way it comes up or not, it's okay to just give it space and acknowledge it and go from there.

Ali Hendry

Yes, absolutely. Thank you so much.

Jaia Bristow

Thank you. Thank you so much for your time today. I know that you have a TEDx talk also all about *A Survivor's Guide To Jealousy*, do you want to tell us a bit about that? And then tell us how people can find out more about you and your work?

Ali Hendry

Yes, absolutely. So it is, *A Survivor's Guide To Jealousy*. It's my journey through jealousy, a whistle stop tour of different types of relationships, how jealousy has shown up and things that have worked for me in terms of unpacking my jealousy and reforming it and stimulating ideas around how other people might want to do some reframing of their own jealousy and move forwards. Whether you're the one experiencing it or whether it's your partner or partners that are experiencing it. So that's a lot of fun.

That's going to be out at the end of May. So that will be on [YouTube](#) at the end of May.

Everything else it's best to just go to the website. I know it's very old fashioned, which is alihendry.co.uk or you can just bung my name in and it will come up on all sorts of exciting areas like [Instagram](#) and *Clubhouse*, as you've said, thank you for that, it's every Monday. [TikTok](#), [Pinterest](#), it's all out there.

Jaia Bristow

Wonderful.

Well, I look forward to seeing you next Monday on *Clubhouse* hopefully, or hearing you as it were because *Clubhouse* is audio only. And thanks again so much for today's conversation.

Ali Hendry

Thank you.