

20 WAYS TO COPE WITH ENVY

Do you begrudge others for what they have? Here are 20 practical tips that will help you deal with envy and resentment.

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20 WAYS TO COPE WITH ENVY!



Have you noticed how more and more people are becoming jealous and envious of others 'out there' and to a point that they begrudge these people the success they deserve. This ranges

from envy in the work place, to envy of family members. Why is this? What is going on in the world today? Do any of the following comments sound familiar?

“Boy is she successful, I wonder who she is sleeping with?”

“Man look how thin he is, wish I could be that thin. But then again I don't have his genes.”

“Look how fit she is and how toned her body is, bet she really watches what she eats and spends all her free time exercising.”

“Wow, he became the CEO – bet he has no free time at all and is a slave to corporate policy.”

Do you notice the undertone of resentment in these comments? This reminds me of a great saying by an unknown author... ***Those who can – do. Those who can't – criticize.***

Check out my free Quick Video Tip on Envy on my '[inspiringtheworld](#)' YouTube channel, or by clicking [here](#).

If I meet someone, or have a friend that has achieved success and worked really hard to get there, I am the happiest person in the world for them. Envy NEVER comes into the picture. If anything, this person's success drives me to try harder and also achieve success. Successful people are an inspiration to me. Furthermore, if it's something I would have liked to achieve, and I haven't, then I ask myself why? I make a point of searching for the mistakes I made and correct them so that I too can get to that level of success.

Yet I often bump into friends where colleagues and family members criticize, belittle, begrudge and at times even hate others for what they have achieved! What is going on in the world? This reminds me of a great saying by an unknown author...

***Prejudice is a great timesaver.
It enables you to form opinions without bothering to get facts.***

Years ago a close friend gave me an explanation by saying that if someone criticizes you, then you are doing something right. That makes sense, but it still doesn't justify the reason why some people become so hateful towards others merely because they begrudge their success. Why do people behave this way? What is it that brings on this envy? In my quest to be more positive and seek answers to life I have had a lot of fun asking friends and searching discussion groups on the topic. Here are some answers:

- * It's in their genes!
- * They have little self worth.
- * They are just plain selfish and don't like seeing anyone achieve more than them.
- * It's a mixture of jealousy and laziness. After all it is so much easier to put someone down than to lift themselves up.
- * It's people with 'entitlement' attitudes.

These are plausible answers, however... don't they also contain a hint of sarcasm and envy?

Forget for one moment, those people born with a silver spoon in their mouth. In reality, they are few and far apart. Let us look at the normal person who has made a success of their life. Firstly you need to accept and realise that *it doesn't do any good to sit up and take notice if you keep on sitting!* Those that sit on their butts have the most to say, whereas those that actually stand up and take steps forward are the ones that achieve. If you are not willing to pay the price and do what it takes, then you have no right to begrudge those that do!

***Life is built of the things we do.
The only constructive material is positive action.***

Yes I know some of you are reading this and thinking to yourself that 'luck' also plays a role here and not everyone is lucky. If you do, you need an attitude change. Luck has nothing to do with it. Substitute the word 'luck' for 'attitude'. A sad fact is that it's much easier to have a negative attitude than a positive one, especially with the way society is brainwashed and manipulated by the mass media in the modern world.

So here now are 20 tips to cope with envy and turn your life around.

1. Analyse it

Where is that envy coming from? Don't try to stop the feeling, let it run its course. This gives you the time to question the source of this envy and learn something about yourself. By being honest and questioning the root cause of the envy you may well find out some interesting information about yourself and your subconscious needs. In other words you may be envious of your friend because they have a bigger car than you. Now that you know where the envy is coming from, you can make a conscious decision to do something about it.

2. Be happy!

If you are unhappy about your life, work, marriage, etc. then it will be difficult not to be envious of others. Hence your first objective must be to sort out your own life. There is no easy way out of this. You will have to be honest with yourself and create the change on your own. If you don't, you will remain miserable! *Life is built of the things we do. The only constructive material is positive action.* Hence there is only one option – and that is to find happiness in your work, marriage, family, friendships, etc. Do you know that not even a hundred years ago royalty didn't even live as well as the average person today? Look at the variety of foods and electronic gadgets available to most people today that have enriched our lives! Wake up and smell the roses!

3. Wake up to the real world

Before looking up to someone who has this huge social media profile and great 'public' image out there, check out the facts. Don't accept everything you see at face value. It's easy to do a course in marketing and learn some clever tricks on Photoshop. With this knowledge it becomes easy to put out great photos and come up with creative networking ideas that put you in front of the masses. Is this person walking their talk? Are they practicing what they preach? Or is it just the same old hype that is put forward by the same people that manipulate and control your thinking on a daily basis. Look behind the hype! Stop and think before you react!

4. Be thankful

It is so easy to complain and begrudge others what they have. But have you ever stopped to consider what you have in your life, that others don't. Sit down and make a list of 'positives' in your life. Give thanks for those every morning when you wake up. Often we need to remind ourselves of what we really have. Yes, you may be jealous of your friend that found a rich husband and lives in a mansion. However, is she really happy? Is her husband there 24/7 to give her the attention she deserves, or is he constantly working to maintain this lifestyle. For all you know she could have all the material wealth, but be sitting alone at home every day yearning for attention. When you see her at social functions dressed to the hilt – is it reality, or just a show? In the meantime you have a loving husband who massages your feet when you are tired and everyone sits around the dinner table at night and talks to each other as a family. Carefully consider all the facts before falling prey to envy!

5. Stay away from the gossip media!

One of the first steps to changing your thinking is to stop reading the gossip magazines that promote envy. Heat, People, You, Cosmo etc. Just how many more articles are they going to produce on great sex and attracting the right person into your life? Stop being conditioned by magazines that love comparing you to 'others' out there. If you must buy a magazine, then look for one that is inspirational, realistic and builds you! You'll be amazed at how quickly your attitude changes.

6. It starts inside you!

Stop looking from the outside in! Be the inside and work out! Huh? The only place to create a change is within yourself. It's no use complaining and wishing that the 'outside' is different. Start by being the difference yourself!

7. Boycott the Schmucks!

In all reality, you will always find the arrogant schmuck out there such as a celebrity, politician, CEO that because of who they know, end up getting a lucrative business deal, suddenly publish a book written by a ghost writer and make a fortune, or fill a concert with thousands of people while no one even comes to the pub you are singing in. That's life – it happens! You have two choices – avoid all their public appearances, vote for and follow their competitors and ignore their TV appearances. With a bit of luck they will be devastated by your behaviour! Odds are they won't even know you exist. But at least you'll feel better for doing it! Jokes aside... this is life, and you will always come across such people. Deal with it, accept it and move on!

8. Work on your self esteem

Maybe your childhood was not as positive as it should have been. Maybe your parents did not support you the way they should have. Maybe you had a parent or sibling always knock you down. Maybe your teachers didn't realise your full potential. Hence today you have low esteem and are envious of others who make a success of their lives. This would be quite a normal feeling to have if your childhood consisted of non-supportive behaviour from others. Firstly, if you realise this to be the case, you are already a few steps ahead to changing this. You have to accept that those people never knew better, forgive them and move on. If you don't, you will never get over the envy.

Once you have forgiven, you can now start changing your living patterns and seeking friendships where you will be praised and supported. This conditioned childhood may well have also made you subconsciously pull more negative people into your life. It is only the realization of what went before, that can make you consciously seek out a new positive social circle and change the feelings of envy to feelings of encouragement and love for life.

9. Chill

Take a chill pill! Stop becoming wound up over everything! So what if your neighbour has a bigger car than you. Will the world end because of this? For all you know, your neighbour may be in ill health and have a heart attack next week. How will you feel about the envy then? Swap the envy feeling for another feeling.

10. From criticism to praise

Envious people like to criticize and find fault. This validates their envy and gives them more reasons to begrudge the other person. How sad is that? The definition of insanity is to do what you have always done and expect a different result. So stop doing what you have always done! Instead of finding fault – even if you don't like that person – look for something positive. Now praise the positive in that person! It takes 3 weeks for a habit to become embedded in your subconscious mind. Go out of your way to look for and say something positive about all the people you are envious of. Do it every day for 3 weeks. Guess what – in 3 weeks from now your life can turn around completely!

Come on, give it a try!

11. Tell your friends not to agree with you

How often have you made a bitchy comment about someone or something, and your friends back you up? What does this do? It just reinforces the negative behaviour. Get help to get over the envy, don't get help to promote it! Instruct your friends that when they do experience you being envious, that you consciously want them to disagree with you. Initially this may feel weird. Write this instruction to your friend down on a piece of paper and give it to them. Word it as follows. *Dear I have consciously asked you to counteract all my negative comments and help me be more positive. If I insult you or am nasty to you because of this, show me this letter and remind me that I asked you to help me because of my love, respect and friendship with you and that I really do trust your feelings on the matter. Signed (Your Name).*

The letter says it all and it works!

12. Be honest with yourself

People spend so much time complaining and begrudging others, that their life passes them by. Had they just taken the time they spent on complaining about others and being envious of them, on working on their own goals and dreams in life, they would most probably have become more successful than those people they complained about! Stop the envy. Sit back and decide what you want in your life. Now focus on that!

13. Give, rather than complain

Here's a wow fact! There are people on this earth worse off than you. Some of them may even be envious of you, as you are envious of those that have more than you do. Interesting point, hey? So why don't you approach those less fortunate than you and help them achieve their dreams and goals. Help them by teaching and sharing the skills you used to reach your current position in life. Maybe, just maybe the person that you envy reads this as well and helps you as you helped those below you!

14. Stop fighting with your ego

We all like to question why we have these feelings of envy, but then we stop. People don't take it any further and delve deep down. If you have read anything about Freud, then you will understand that it is your ego holding you back as it doesn't want to face the real truth of your feelings. Hence you remain stuck on the 'why' level, and never take it any further. This is also known as fear. Learn to break past this and even if you do look honestly within yourself and feel bad because of this. At least you can do something about it and get over that bad feeling. That beats feeling uncomfortable all the time.

15. Think about others, and not yourself!

Wake up! The world doesn't revolve around you and you alone! Other people also deserve a chance to achieve their dreams in life. What gives you the right to be envious of another person? Many times it's your own inefficiencies and weaknesses that bring about these feelings. How do you solve this problem? Easy, Identify your own faults and flaws and change them. Only then will you have the clarity to see what it truly is that has made others successful. And only now will you have the objectivity to learn from their successes and apply those principles in your life.

16. Be gracious!

If a friend or colleague achieves something great, acknowledge them and genuinely congratulate them on this. If you are genuinely interested in them and the compliment comes from the heart, odds are they will gladly share their secret to success with you, and you can learn from them. Converting envy into humility can bring success your way too!

17. Never bottle it in!

The worst thing you can do is to brood over your jealousy. It will only build and build until you explode. Ask close friends to talk and guide you. Be honest with them and seek guidance. Talking about it really helps in coping with it. Alternatively, go up to that person you are jealous of, and tell them how you feel. Some may even see your jealousy as flattery. However most would see your openness and willingness to make yourself vulnerable about your feelings as a sincere gesture of friendship and hence go out of their way to help you attain the same success.

18. Focus on what you have

Stop reactive to situations! Rather remind yourself that it is you who is on control of your thoughts. Living in the past will get you nowhere and will not change anything! Realize this! Focus on now and the future and what you can do to change your life for the better!

19. You are unique!

Fair enough – there will always be someone that has more than you. But does this make that person superior to you? No! You do not know their whole situation. Just as they live a unique life, so do you. You need to understand that life was not meant to be a competition between you and the rest of the world. If that is the belief of your social circle -change your friends! You need to realise that no matter who you compare yourself too, you are both unique, therefore you can both find happiness in your own unique and different ways!

20. What if the envy is directed towards you?

Ask yourself whether the people you are envious of can or can't harm you! Most of the time, if you do have an altercation with someone that results in the envy – they may have a personal issue with you that is reinforced by their own insecurities and don't have the back-bone to do anything about it. Best to leave them be and get over their own issues. Send them this pdf!

However, what if it is someone senior at work that can sabotage your career? The first option is to speak to them sincerely and openly and try resolve any issues they may have with you. However, NEVER tell them you noticed that they were envious of you. They will never acknowledge this and draw back even further. Find a way of connecting and sharing by mentioning that you feel that there is a lack of understanding between you and you feel that maybe you could be the cause of this. Now you take the responsibility off that person.

Odds are they will open up quicker. Also, when you start talking about it, hopefully they will realise their own mis-judgements and hence change. If this doesn't work and you have truly tried everything in your power to be the better person, then you should consider becoming friends with someone 'above' them so that they cannot sabotage you at work, or going all out to overtake them and ending up above them. If none of those options work, then you should consider changing departments or even looking for another job.

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Wolfgang Riebe is a unique international keynote speaker on strategic magic who has inspired millions of people worldwide. He is a best-selling author with appearances in over 150 countries - from Hollywood to Singapore. Star of numerous television shows and many of his own prime time TV series, coupled with 27 years experience in the speaking, service and entertainment industry, make him a world leader in his field.

In 2012 the National Speakers Association (NSA) awarded Wolfgang the CSP (Certified Speaking Professional) designation, which is the highest award given to any professional speaker in the speaking world. This designation is currently only held by less than 800 professional speakers globally.

“Greatness in a Speaker, is defined by passion, humility, sincerity and personal experience, coupled with his ability to capture, communicate and entertain his audience, while still sharing practical, sustainable and immediately implementable life skills which have a positive effect on all present.” Wolfgang Riebe