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**Workbook  
Assignment**

*Dating Demons: Anger and Jealousy*

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**Overview**

This lesson addresses the effects of anger and jealousy on a dating relationship. Unless these emotions are understood and managed, they will cause problems by disrupting the harmony of the relationship. If dating partners demonstrate these emotions toward one another on a regular basis, it is a sign that the relationship is not stable.

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**Objectives**

- ◆ Participants will understand the nature and cause of anger and jealousy.
  - ◆ Participants will discuss the negative affect of these emotions on a dating relationship.
  - ◆ Participants will be able to identify steps to reduce anger and jealousy when they occur.
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**Vocabulary**

anger  
reaction

jealousy  
control

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**Key Concepts**

- Anger and jealousy are negative secondary emotions.
  - Anger and jealousy are emotions that can harm a relationship.
  - Individuals *learn* their emotional responses.
  - Immediate emotional reactions can be monitored and controlled.
  - Building trust between people will help reduce the incidences of anger and jealousy in a relationship.
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**Preparation for  
Lesson**

Instructor will need:

- Workbook assignment *Dating Demons: Anger and Jealousy*.
- Overhead transparencies **Anger, Jealousy** and **Reducing Intense Feelings**.

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## LECTURE NOTES:

Everyone is capable of experiencing anger and jealousy in varying degrees. These emotions are not maladaptive unless they are used inappropriately. Anger and jealousy are negative emotions that cause problems for relationships when they are not controlled. Each of these emotions is a secondary reaction that results when some other issue is perceived as a problem or a threat. One of the fundamental causes for anger and jealousy within a relationship is a lack of trust between the partners.

There are different reasons why an individual may not feel secure within a relationship. Significant unaddressed personality issues (Lesson 7) do not allow one partner to trust another. The *I Don't Thrust You!* person or the *Watch Me* person are examples of this kind of personality. Regardless of what behaviors one partner does to placate the other, anger and jealousy issues will persist. When an individual is unable to trust another person on a regular basis, it would be best to stop dating this person.

*Anger* can result from an individual's feelings of inadequacy. It is difficult for some people to believe that others respect them, if they do not respect themselves. Anger develops when a person is frustrated and unable to attain a desired outcome or goal. It may also stem from feelings that other people are not meeting one's expectations. It is important to remember that anger is always the *result* of some other factor and varies in intensity from one individual to another. It can be dangerous or life threatening to date someone who cannot control his/her anger. Anger should be viewed as one of many ways individuals can choose to respond to a situation.

*Jealousy* within individuals often results from feeling threatened in some way by an outside factor. It most often develops when a person perceives himself/herself to be in a vulnerable position. Jealousy may also be associated with an intense fear of loss, such as: the loss of affection from a boyfriend or girlfriend, the loss of social status among friends, or the loss of control over a situation. People who feel threatened often misinterpret the behaviors of others. When individuals believe that others are in a more powerful position, they will react emotionally. Jealousy is a negative form of control that stifles independence and demonstrates a lack of trust. It makes the jealous person feel better to control the actions of others.

Emotional feelings come and go, but the type and intensity of emotional reactions is learned. As social beings, people tend to copy behavior patterns they have experienced and that work for them. Individuals learn that anger and jealousy responses get them what they want. This is why negative patterns are so difficult to stop and redirect. These negative reactions produce a desired result, so people continue to use them.

Anger and jealousy are reactions that can be managed. Steps can be taken to change inappropriate emotional responses. When core issues are addressed and helpful skills are introduced, the need to react with negative emotions is reduced. Understanding and controlling anger and jealousy is an important step toward self-management.

# DATING DEMONS: ANGER and JEALOUSY



Relationships that are growing in a healthy way are based on mutual understanding and trust between the partners. The partners are supportive of one another. Each person feels secure about the partner and the relationship. When decisions are shared and both people feel safe to function within the relationship, the relationship is balanced.

Relationships can still exist even if they are not healthy or balanced. But these relationships experience far more problems and the problems may even cause the relationship to end. This is especially true if the partners do not learn to trust each other or if one partner tries to monitor the behaviors or activities of the other. Uncontrolled anger and jealousy are most often at the root of these problems.

Anger and jealousy are negative emotions that result when a person feels frustrated or threatened in some way. Everyone feels angry from time to time, and it is easy to become jealous or protective of someone special. Feeling these emotions occasionally is not a problem. But if these emotions are experienced on a regular basis, or these negative feelings begin to control the relationship, it is not a good sign.

## CHECK IT OUT: ANGER

1. What does anger *feel* like? \_\_\_\_\_  
\_\_\_\_\_
2. What are some things that make you angry? \_\_\_\_\_  
\_\_\_\_\_
3. Do you let other people know that you are angry? \_\_\_\_\_  
\_\_\_\_\_
4. How do you usually *show* your anger? List some ways others know when you're upset. \_\_\_\_\_  
\_\_\_\_\_
5. What usually makes you angry?

Situations/events

Things I do

Other people

6. How often do you feel angry?

Occasionally

Regularly

All the time

7. How often do you get into arguments or fights with other people because you are angry?

Never

Occasionally

Regularly

All the time

8. Have you ever had a relationship damaged or lost because of anger issues? \_\_\_\_\_

\_\_\_\_\_

9. Have you ever dated someone who had significant anger issues that caused problems within the relationship? How long did you date that person? \_\_\_\_\_

\_\_\_\_\_

10. How does it make you feel to be with someone who has an unpredictable or out-of-control temper? \_\_\_\_\_

\_\_\_\_\_

11. Do you feel that you can control your own anger responses? \_\_\_\_\_

\_\_\_\_\_

12. Do you feel responsible to control someone else's anger responses? \_\_\_\_\_

\_\_\_\_\_

## CHECK IT OUT: JEALOUSY

1. List some things that make you feel jealous. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Do you let others know how you are feeling? What do you do? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Do you feel that it is someone else's fault when you feel jealous? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What are some causes of jealousy in a relationship? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. List some typical behaviors of a jealous person. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. List some ways in which jealousy can be a problem in a relationship. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What should you do if *you* are feeling jealousy toward the person you are dating?  
\_\_\_\_\_  
\_\_\_\_\_
8. What should you do if *your dating partner* is experiencing jealousy regarding you?  
\_\_\_\_\_  
\_\_\_\_\_
9. Should couples be able to discuss their dating expectations without fearing that the other person will demonstrate negative behavior? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What would you do if your relationship is being damaged or is based on unrealistic expectations? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_