

Problems need solutions. And if you can't find one, all you have to do is tell us. Our experts will find you a solution

Q My problem is I get jealous very easily. Especially when the new girl at work who seems more talented gets all the attention. I am neglecting my work and people have started saying I have an ego. I try not to react, but fail.

— Egoistic girl



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Well! It is great that you recognise your feeling of jealousy. It would help you to know that it is normal to feel jealous. You say the other girl is 'more' talented. When we compare ourselves,

our thinking becomes distorted. We become blind to our own value and dismiss our worth. You also appear to be experiencing some downtime at the moment, as it has started affecting your performance. This can create a cycle of feelings of low self-esteem and self-worth. Comparing is a choice and can be unlearned. Accept who you are, as you are — this includes your

strengths and weaknesses. Forgive yourself for mistakes and see them as opportunities to learn and grow. Take pride in your achievements. Replace negative self-talk with positive statements. You can tell yourself something like "I refuse to demean myself. I am different and have my unique value." At first, it may be a struggle, but with practice, you would be able to change.



Do you have a query pertaining to relationship, family, children, career or anything under the sun? Write to us at bmfeatures@indiatimes.com