

RYBPod_Ep82

Welcome to Rock Your Brain. Rock Your Life, the only podcast hosted by a high-achieving tech leader and certified coach that teaches you how to use proven cognitive tools to rewire your brain so you work 10 to 20% less while crushing your goals, and you'll do this in 180 days. Hi, I'm Sarah. After decades of frantically overworking, never believing I could achieve big goals in my life, and feeling constantly anxious, overwhelmed, and burnt out daily at work, I finally figured work out.

I learned how to work less while identifying and nailing goals I never thought possible. I learned how to feel calm, confident, and a sense of ease at work. So if you're a high achiever who wants to achieve big goals but doesn't even think it's possible unless you work a gazillion hours or doesn't even think big goals are possible in any way, shape, or form, this podcast is for you.

I keep it simple. You'll learn the neuroscience based cognitive tools I and my clients use daily to work less while achieving more than they ever imagined. Quick side note, you'll run the risk of being passionately in love with your career.

Sarah Moody:

Hey Rockstars.. So excited to talk to you about what jealousy is telling you. So before we get started with it, where the episode, I've a huge favor. If you're somebody who's been listening to the show and you love it, please, can you go and give it a review on iTunes, please? And if you already have, thank you so much.

I love reading the reviews. I learned so much, and I love seeing that your reviews are up there because it helps other people find the show and find these cognitive tools. Okay. So thanks so much. I want more women, you know, feeling confident and calm and having balance in their life around work and play and all the things.

So thank you for helping me spread the word.

Okay. I had a bunch of requests about, to talk about jealousy. So that's what we do. Uh, the way I used to have loads of jealousy and I can't wait to share with you what cognitive tools have worked. And I've also had a couple of students come to me as of late with lots of jealousy.

So, um, these tools work by the way. Okay. So jealousy is a feeling in your body and feelings are created by your thoughts. You can also just say, you know, I'm, I feel jealous of that person. And so that is a thought, but it's also a feeling, but technically jealousy is a feeling and feelings are created by your thoughts.

So let's talk about the definition of jealousy. I went to Google, of course. And the definition is feelings of insecurity, fear and concern over a relative lack of possession or safety. It's also a derivative of, of shame, like feeling, shame, feeling not enough. And so just also just notice that. When you notice thoughts of like, I want this thing that, that other person has that I don't have like, oh my God, they have that perfect body.

I wish I had that perfect body or, oh my God, they're making so much money as an entrepreneur. And I wish I could make that much money or, oh my God, they're married and I'm not, or, oh my God, they're single. And I wish I was, or, oh my God, they're so pretty. And I'm not. It's this emphasis on, I don't have that and I want that.

So there's some scarcity thinking involved. And for me, when I have felt jealous, it's like a sinking feeling in my body that feels like hopelessness and sadness. Like, it can never happen for me. Like I will never get married or I'll never have X dollars or, you know, I'll never have that perfect body. And so it's like compare and despair.

And what your brain's telling you is that if you have that thing, like, if I was pretty like those other girls, then I'll be happier. And this is a lie, because as we said at the start of the show, only your thoughts create

those feelings of happiness. That's it? Y'all. And so I'm asking. Say something rather provocative.

I don't think jealousy is a bad thing at all. I learned so much from the feeling of jealousy. Jealousy is a clue about yourself. It is an indicator that you need to look inside. Why are you jealous of your friend? Cause what it is, it's, we're all mirrors to one each. We're all mirrors to one another. So if you're feeling some sort of jealousy or envy, then it's really a great opportunity to turn that kind of finger that maybe you're pointing at someone else and assess yourself.

If your body's telling you that there's some things that you aren't doing that you know, you're capable of, but you don't believe that you can get there. And I think that's what jealousy. And to add to some of the complexities of jealousy, you know, women are socialized actually to feel jealous of other women.

So if you think about it and I'll share my own experience or most women in society, we're socialized to believe that the greatest value is in our looks. And for me, that was definitely true, like thin pretty, you know, You know, that was definitely a value I was socialized to believe. And that we're socialized to believe also, too, that if you look a certain way, you will be loved and accepted.

And of course, love and acceptance is always then gonna mean that you're happy. Right. And I was definitely socialized to, you know, that if I looked a certain way, like for me, it was skinny. Then, you know, my dad would love me and accept me. Men would love me and accept me. And then I would be happy. And so the challenge is we've been socialized as women to be in competition with each other, for male attention.

Right. And if looks are our greatest value, then we're going to want to kind of compete with other woman to get love. Right? And so your brain is doing this kind of compare and despair thing where I have to look a certain way and then I'll be loved and accepted, and then I'll be happy. And. It's just really fucked up thinking the way we've been socialized and what makes it even more fucked up is that society has T

has taught us women that if we then think this way, that the greatest value is in our looks, that you know, those women are vain and shallow and you know, terrible people.

So it's really a lot of thinking. But I'm going to encourage you to look at, see if you have any of it and start breaking up with that sisters.

So, as I mentioned, jealousy is a clue that you're feeling like you're not good enough. There's something that. There's there's an opportunity for you to shift some belief in yourself.

So I'll give you some, just a couple of examples. So I have a student who has one of her best girlfriends, and she noticed recently that, you know, there's some distance in the relationship that's being caused by her. And, you know, I just said, Hey, just let's look at one of the thoughts that you've noticed.

And she said, you know, one of the thoughts is she's one of the pretty ones. And then her brain goes to comparing and despairing, right? She's one of the pretty ones I'm not, I feel inferior. I pull back, I'm distant, you know, I put space in the relationship, there's a threat to the relationship. And so the result that she's creating by thinking she's one of the pretty woman is, you know, she feels like not pretty herself and she's putting distance in this relationship that she really valued.

Only because of that thought. And so, you know, the work there is when we go into compare and despair and have thoughts like this, like what, what is my opportunity to learn here about this thought? Like, what is this thought, teaching me? What is this feeling of jealousy teaching me and that, you know, definitely one of the thoughts.

I've had one, I've had this thought as well. And what this thought taught me was I didn't believe that I was enough. I was smart enough. Creative enough. Cool enough. I just had a bunch of shitty critical thoughts about myself that were creating a lot of shame. So I love jealousy because it's a clue to go a little deeper, understand your thoughts that

are creating that the feelings and start, you know, looking at what these thoughts are serving you or not.

I remember in my twenties, my oldest best friend got engaged and we were in our late twenties and I was dating a guy. And I remember like once she got engaged, like I picked a fight ' cause I felt jealous. I was like, oh my God, she's getting engaged. I don't even know if I want to be in this relationship with the guy that I'm in.

I felt very hopeless, like and sad. And like, that's never going to be me. Like, I don't believe that I'm worthy, capable of getting engaged and getting married. So, of course they didn't have these tools back then, but I do now. So when I look back at it, you know, that's really what was going on. I think about feelings of jealousy that I felt probably like three years ago, right before I started doing thought work with one of my best girlfriends who lives here in the bay area, who is wildly successful.

And I remember we've been friends for a long, long time and, and she's wildly successful. And I remember thinking, oh my God, I wish that I could, you know, create as much value and command the prices that she commands in her field. She's an attorney. And, and I remember feeling feelings of jealousy and. But I remember thinking, wow, what is this telling me?

And me looking at the fact that it wasn't about her. And all the amazingness that she had in her life. It was the fact that I was comparing and despairing myself to her and not believing that I could create value in the world, but I could command certain prices that I could live into the full, authentic version of who I am. So I love the fact that the feeling of jealousy is an opportunity for us to look at the person we're looking at the finger we're pointing the finger that we're using to point at somebody, the judgment that we're having.

About somebody else, the compare and despair thoughts that we're having. And to turn the mirror around, turn the finger around and to have love and compassion for ourselves, and to look at the thoughts in our brain and be like, Hey brain, what's going on? What are you

thinking? Wow. You're thinking that they're all the pretty girls that I'm not, and be kind and loving with your brain.

As you get curious and ask your brain, like, why are you thinking this way? That's creating this feeling of like shame and feeling inferior. And then, you know, be open to believing, to finding a thought, you know, a bridging thought that feels useful. Like for me, for example, around creating value in the world and commanding certain prices, I had to work with a bridging thought of.

I'm open to believing that my create, I have a genius brain and I create value in this world and deliver amazing results for my clients and students. And then I had to go find evidence for this. So there are three tools. So start with the mirror, turn it around, get curious. Okay. And remember also too, if you're thinking.

Okay. Well, if I look like that person, I'm going to be happy and I'm going to fit in. Or if we have that partner, we're jealous of the partner and we have that partner, we think, you know, then we'll feel better. Remember your feelings are not created by, you know, looking like that person or having that partner.

Your feelings are created by your thoughts. So the tools I want you to think about are first that your feelings come from your thoughts. So if you're, you know, so really look at your feelings, what thoughts are creating them. And then if you want to feel, for example, love, maybe you want to, you know, really you want to feel love towards your best friend of, of, of years.

Like start with that feeling of love. I want to feel love for that human and that's really gonna soften the judgment and soften the resentment and the jealous. And then from a feeling of love for that human and love for yourself, you can really get curious about your thoughts, the second tool that I want you to use here that I've used.

Is, and this is one of the earliest tools that I created in the rockstar program. And it's a really early podcast called the swim lane. So it's this

concept of like, think of the swim lane or think of the runner's lane, if you're a runner. So if you notice yourself spending a lot of time outside of your lane, You know, comparing yourself to this other human feeling, inferior, trying to fix this other human other human adult.

Cause you have judgment about how they're living their life. All the ways that you're getting outside of your swim lane is opportunities for you to look at yourself and be like, huh. So fascinating. I want to go and fix this human and tell this human what to do because I want to feel calm and content in my life, but we can't.

Let's fix other humans or tell other humans what to do. And so my clue for me is when I start focusing on being outside of my swim lane and judging others is it's always a chance to be really curious about all right, I'm having a really difficult time staying in my swim lane and shifting belief in myself in this part of my life.

And this is my work because when I can shift belief in myself, That creates the feelings of calm, confidence, happiness, grounded, all the things. And then the other tool that I've used a lot of course is just, you know, the bridging thoughts, tools. So looking at that thought. Oh, my God. They're so pretty.

And I'm not, you know, the compare and despair and really being, you know, looking at that thought, that's creating that feeling of shame and being inferior. And then what's a bridging thought, like maybe a bridging thought where you feel a little bit more neutral is, you know, we're all human, we're all pretty in our own way.

Or maybe, you know, we all. You know, maybe there's some perfectionist fantasy thinking of, oh, they're so beautiful to everything in their life is fabulous. Or so maybe the bridging thought is, you know, we all suffer. We're all humans and we're all suffering. So I encourage you to find a bridging thought that helps you just feel a little bit more open.

Um, around your initial thought, that's creating the feeling of, of jealousy and just keep focusing on that bridging thought every day and

going and go find evidence every day for the fact that we are all human and we do just suffer. You know, when you think about yourself and other humans are. Rockstars that's it for this week.

I am already excited to talk to you next week. I have a very awesome kind of like how to like, uh, like a tool, a at a skill that we're going to practice starting next week. So have a beautiful rest of your day. I love you. And I'll talk to you next week. Okay. Bye.

If you're loving what you're learning in this podcast, you have to come and check out the Rockstar Program. It's my coaching program where we take these neuroscience-based cognitive tools and we use them daily to break through burnout so you can fall passionately in love with your career. So join me over at SarahMoody.com

I would love to have you join me. You could also follow me @sarahlmoody on LinkedIn. Twitter and Instagram. I can't wait to see you.