

Jealousy in a relationship is extremely common. It takes place due to a number of reasons.

Reasons For Jealousy In A Relationship:

- 1) If your girlfriend is gorgeous you will always feel that she could be cheating on you. Men admire, smile and wink at her every time you are out together.

- 2) A woman too feels that her boyfriend or husband could be cheating on her because of his charming personality and good looks.

- 3) The jealousy also arises because of the type of profession a couple is engaged in. The husband could be an artist while the wife could be the Managing Director in a bank.

- 4) Money is also another factor of jealousy between couples. If the woman draws more than the husband there is an underlying friction all the time.

Resolving Jealousy In A Relationship

Ending a relationship because of jealousy is not an ideal way to lead life. There are solutions to every problem and after all jealousy is an emotion. Emotions can be nurtured and a mutual understanding is the best way to tackle any relationship problem.

1) If you are Mr. Jealousy and always irritated that men make passes at your wife or girlfriend then you need to say it to her. She will be flattered that you love her so much. It is the woman's turn now to make sure that she doesn't encourage or flirt with any man knowingly and unknowingly. If your partner feels insecure about your flirtatious behavior then you should stop it. It is important that you love and find ways to show him regularly how much he means to you and how devoted you are to him. Slowly with time, he will feel secure again and the jealous streak will not taint the relationship anymore.

2) A woman too feels jealous that her husband is always surrounded with beautiful women half her age. If he is in sales and needs to travel frequently then she will always be stressed thinking that he is cheating on her. She will need to confront her partner with this and discuss the matter. Now it is the husband or the boyfriend's chance to resolve this jealousy by constant reassurance. If he travels often then he should call her and tell her where he is. Before bedtime, he should call her again and tell her that he misses her and will be with her as soon as the work is finished. Surprise her with gifts even if it is picked at the gas station. It could be a teddy bear that says "I miss you."

Simple gestures like this slowly add on and she will feel secure and loved always. She will understand that your loyalty belongs to her. Telling her that she is being paranoid and you are not having an affair is not the best way to resolve jealousy in a relationship.

Jealousy can be resolved when a partner expresses this feeling and the other partner is sensitive and caring enough to listen and take action against this innate feeling. If a couple really wants to be together and survive the hardships of life then an emotion of jealousy should be eliminated from its roots.

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