

Ask Louanne

by Dr. Louanne Barton
Personnal Couselor



Louanne has advice for jealous women (and men)

Dear Louanne,

The basic problem is-I get insanely jealous when my boyfriend simply pays attention to another woman. We've been together less than three months. I do not trust him, but I can't help being so jealous. I'm a little afraid that someone will steal him away, but I know he loves me very much. My last two boyfriends were respectable and moralistic, but turned out to be unfaithful and untrustworthy. Sometimes when I see him hugging or chatting with a lady friend (strictly platonic), I wonder if he secretly is attracted to her. I lay in bed at night driving myself crazy-is there someone else? Am I really the only one? He loves me, but does he secretly hold a torch toward another woman?

Signed,
In love and in jealous doubt

Dear Jealous Love,

You can give yourself credit for recognizing it's your problem. Lots of people who feel like you devote their energy trying to

change the other person or, like Peter, try to put him/her in a "pumpkin shell". (Men get jealous, too.)

Jealousy comes from lack of confidence or low self-esteem. Instead of focusing on your boyfriend, try developing your self into an interesting multi-faceted person. Be sure you devote time to developing your friendships with others. Look for and develop other interests instead of spending all your time being with or thinking about your boyfriend. That way you will feel better about yourself, and your boyfriend will find you more fascinating and stimulating. With a broader base to work from you won't be so dependent on your boyfriend. When relationships break up you won't feel so devastated because there will be other sources of support in your life.

You'll be somebody with or without him.

Louanne

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An advertisement for the American Cancer Society. It features a black and white photograph of a woman in profile, smoking a cigarette. The text reads: "Lady Killer. Among many young women, smoking is viewed as stylish. It is not. Smoking is deadly. If you smoke, please consider stopping. For help, information and support, please contact your local American Cancer Society." At the bottom is the American Cancer Society logo.

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