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A PHENOMENOLOGICAL STUDY OF JEALOUSY WITHIN MARRIAGE

A THESIS

PRESENTED IN PARTIAL FULFILLMENT OF REQUIREMENTS FOR THE
DEGREE OF MASTER OF ARTS
IN THE COLLEGE OF ARTS AND SCIENCES
GEORGIA STATE UNIVERSITY

1989

by

Albert R. Clarke

Committee

Chairperson

Member

Date

August 4, 1989

Graduate Director
College of Arts and Sciences

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College of Arts and Sciences

DEDICATION

To Bernhard Kempler who introduced me to the phenomenological method of research. I would like to thank him for his guidance and support throughout this process.

To Al Pieper for his willingness to work on a phenomenological research project and for his careful reading and helpful corrections on my initial draft.

To Marolyn Wells for her much needed support, especially during a difficult period in my life last spring.

To my parents and all my friends, especially Linda McGehee, for their love and much encouragement.

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Personal Sources and Assumptions

Before I began a phenomenological study of other individual's experiences of jealousy, it was important that I attempted to understand my own experience with what Shakespeare calls "the green eyed monster". Since the phenomenological method involves the researcher as a participant-observer in a dialogue with subjects, I needed to understand how my own assumptions might influence the results of this study.

I had experienced jealousy in my committed relationships with women in certain situations, but I had never really explored what this jealousy meant to me. I knew in a vague way that my experiences of jealousy had to do with issues of dependency and control, and that they were painful experiences. I understood why Sullivan (1953) compares jealousy to the Christian conception of hell. But I attempted to deny to myself the experience of jealousy, assuming that jealousy was somehow wrong or bad, thus refusing to examine the source and meaning of my jealousy.

As I worked on this study, reading the literature and interviewing participants, I realized why psychologists (Sullivan, 1953; Clanton & Smith, 1977) have stressed that jealousy is a complex phenomenon. Jealousy is a complex and at times very painful experience, but I learned that it can also be helpful. Jealousy is a warning signal that something

is not working out in an individual's relationship with another, so the experience of jealousy can be used to clarify one's values and assumptions about what it means to be in a relationship with another. As Reik (1949) states "jealousy is a sign that something is wrong, not necessarily rotten, in the organism of love, which is so often beset by troubles" (p. 173).

Another important insight that I gained from this study is that the experience of jealousy gets one in touch with the "shadow", aspects of the psyche that are difficult to integrate into one's self concept. I think this confrontation with the shadow is one of the main reasons that I did not want to face my jealousy. I have learned, however, that if one faces one's jealousy instead of blaming one's partner for it, the experience of jealousy can lead to greater self understanding.

Envy and Jealousy

Envy and jealousy are related experiences; there is confusion in everyday usage and in clinical work concerning the difference between the two (Barrell and Richards, 1982; Speilman, 1971). It is noted that "even the same color, green, is associated with both as in the popular phrase 'green with envy', and in Shakespeares' Othello: 'jealousy the -- green-eyed monster' (Speilman, 1971, pg. 59). Even though there are similarities between the two experiences, distinctions can be made (Sullivan, 1953; Titelman, 1981).

Envy is usually described in the context of two persons in which an individual wants something another has (Cohen, 1986; Sullivan, 1953). Speilman (1971) states that "in envy one is unhappy that another person possesses something one would like to have for oneself and feels inferior because of not having it" (pg. 60). Envy in a romantic relationship involves the comparison of one's qualities or achievements with those of one's partner, accompanied with the desire to maintain or reestablish equality with one's partner (Hupka, 1985).

Jealousy can be viewed as occurring in the relationship between three people in which there is a fear of loss of what one already has (Sullivan, 1953; Titelman, 1981; Cohen, 1986). White (1981) defines romantic jealousy as a "complex series of thoughts, feelings and actions which follows

threats to the existence or quality of the relationship, when those threats are generated by the perception of a real or potential attraction between one's partner and a (perhaps imaginary) rival" (White, 1981, p. 296).

The complexity of jealousy and its confusion with envy is seen in Mazur's (1977) typology of jealousy. Various experiences which he describes as jealousy are: 1) possessive jealousy - involves the desire to control one's partner, thus denying their autonomy; 2) exclusion jealousy - the feeling of being left out; always wanting to be involved in the experiences of the partner; 3) competition jealousy - concern over achievements of the partner; 4) egotism jealousy - based on conventional roles and rigid stereotypes of masculinity and femininity; denying role freedom of partner; 5) fear jealousy - based on insecurity in which one's value depends on partner's devotion; also results from seeing oneself as an object that could easily be replaced; involves fear of rejection and the fear of being lonely.

Some of the confusion between jealousy and envy results from the fact that triangular situations in a relationship may involve both. Ramm (1980) describes a woman who becomes jealous of her husband's attention toward another woman whom she also envies. Cohen (1986) labels the experience of envy of a rival and jealousy at the same time as "envy-gel" (pg. 24). She also believes that envy and jealousy may be especially intertwined in a marriage in which one partner may

be envious of his or her mate's success and jealous that this success might lead them astray.

Theories of Jealousy

Psychoanalytic Theory

Much of the literature on jealousy until recently has come from the psychoanalytic tradition. Freud (1959) describes three layers or stages of jealousy: normal, projected, and delusional. The first type originates in the Oedipus complex. It is "compounded of grief, the pain caused by the thought of losing the loved object and of the narcissistic wound" (Freud, 1959, p. 232). Freud believes that if an individual denies feeling this type of jealousy when a romantic relationship is threatened then it has undergone severe repression and consequently plays an important role in the unconscious of the individual.

Jealousy of the second layer, the projected, results from an individual's actual unfaithfulness or from impulses toward it which have been repressed. This unconscious process in which one "projects his own impulses to infidelity on to the partner to whom he owes faith" (Freud, 1959, p. 233) provides relief from the guilt of infidelity. The third layer of jealousy which Freud describes as "the true delusional type" (1959, pg. 233) also originates in repressed impulses toward unfaithfulness, except that the object in these cases is the same sex as the jealous individual. Delusional jealousy is "an attempt at defense against an unduly strong homosexual impulse which may, in a man, be

described in the formula: "Indeed I do not love him, she loves him!" (Freud, 1959, p. 234).

The denial of homosexual impulses as a source of jealous feelings is also described by Barag (1949) in a pathological case of jealousy in which the patient "remained fixed on the phallus, thus causing the object libidinal investment to remain incomplete" (pg. 10). The individual came to identify his penis with his mother and later developed homosexual impulses. After he married, he approached other men through his wife and his jealousy was a projective defense against these homosexual strivings.

Jones (1948) accepts Freud's belief that the projection of impulses toward infidelity or homosexuality play an important role in the more extreme forms of jealousy. However, Jones (1948) in his discussion of jealousy focuses more on the neurotic aspects of jealousy resulting from unresolved Oedipal issues. This neurotic jealousy is characterized by a narcissistic dependency on one's partner which betrays the self-doubt and sense of inferiority of the jealous individual. The jealous individual needs the relationship to feel complete. When the relationship, and thus one's self-confidence is threatened, there is "a regression to the childish desire to be loved in place of the desire to love, and secondly the insistence on the lowly instinct of possessiveness" (Jones, 1948, pg. 335). Reik (1949) also sees an extreme need for love in jealous

individuals which originates in the unconscious doubt of oneself and one's value" (Reik, 1949, pg. 181).

The guilt and rage of Oedipal conflict underlying jealousy is described by other psychoanalysts. Seidenberg (1952) states that jealousy fulfills a wish for sexual freedom with the mother, and the pain of jealousy is caused by the guilt of this incestuous wish. Docherty and Ellis (1976) describe three cases of what they term "obsessive-delusional jealousy" (1976, pg. 679). In each case, the jealous husband had witnessed their mother engaged in extramarital sexual relations during their early adolescence. They argue that the rage that is normally felt during the Oedipal situation was exacerbated by this experience, and the jealousy in their marriage is an attempt to undo this situation.

Other psychoanalysts have looked for the source of jealousy not in the Oedipal situation, but they have looked further into the individual's past. Fenichel (1953) describes the unconscious meaning of jealousy as a defense against oral-sadistic impulses. Individuals especially prone to jealousy are orally fixated, thus they receive their self-regard from external supplies of love. He states that "in people in whom jealousy or compulsive unfaithfulness are essential traits of their personality, loss of love or craving for love do not have a genital character, but rather

arise from the longing to take possession of partial objects in order to incorporate them" (1953, pg. 359). These individuals are particularly intolerant of the loss of love so that any threat to their primary relationship is responded to with a mixture of depression, envy and aggressive tendencies.

The origin of jealousy in the oral-erotic and oral-sadistic phase of development is also described by Reviere (1932). The dire need of love and the sense of desolation and emptiness felt by the individual caught in a jealous triangle can be "traced back to oral envy and to the deprivation of the breast or father's penis (as an oral object)" (Reviere, 1932, pg. 421).

Klein (1975) conceptualizes jealousy in the early oral stage of development and she explores the close connection between envy and jealousy. She argues that jealousy is based on envy in that "there is a direct link between the envy experienced towards the mother's breast and the development of jealousy" (Klein, 1975, pg. 179). Klein believes that there is a constitutional basis of envy which can be exacerbated or ameliorated by the relationship with the first object of envy, the feeding breast. Excessive envy seeks to spoil the primal good object, creating guilt and prohibiting the child from building up securely a good internal object. If the envy is not excessive, jealousy in the Oedipal situation is a means of working through the envy. Klein states that

jealousy then is an "important defense against envy" (1975, pg. 181), since jealousy is felt to be much more acceptable and gives rise to much less guilt than the primary envy which desires the destruction of the first good object. In order to distinguish jealousy and the rage of oral envy, Friday (1985) asked individuals if they walked in on their lover with someone else, whom they would want to kill. The resentment and fury of envy is directed at one's partner instead of the rival.

Another source of adult jealousy, according to psychoanalytic writers, is found in sibling rivalry. Schmideberg (1953) reports that the fear of losing the parent's love and feelings of being excluded at the arrival of the new baby are reproduced in the pathological jealousy of adults.

Within the psychoanalytic tradition, the meaning of jealousy must be found in the unconscious of the individual in which jealousy acts as a defense against the recognition of more painful, unconscious conflicts. Pao (1969) summarizes the various psychoanalytic views of jealousy as he states that "pathological jealousy is a complex, persistent, ego state...capable of being instituted by conflicts over homosexual and oral sadistic impulses, and by other conflicts as well, including those surrounding grief and narcissism" (1969, pg. 637).

Psychosocial Approach

Horney (1937) believes that both childhood jealousy and adult jealousy spring from the same source, that is, a basic anxiety. From this basic anxiety, an individual develops a characteristic style of responding to others. In the neurotic style of moving toward others in which an individual experiences an insatiable need for affection, jealousy is bound to occur. Horney (1950) describes this state of dependency in which "love must and does appear to be the ticket to paradise, where all woe ends, no more loneliness, no more feeling lost...no more struggle with a harsh world for which he feels hopelessly unequipped...to love means to merge with another being, and in this merger find a unity which he can't find in himself" (pg. 240). Horney (1950) compares this merger with another person to the surrender to a higher power which is characteristic of most religions. Jealousy arises then from the fear of rejection or loss of love which would leave the dependent individual in a state of utter hopelessness.

Horney (1937) differentiates normal jealousy, which may be an adequate response to the danger of losing one's love, from neurotic jealousy which is out of proportion to the danger and "which is dictated by a constant fear of losing possession of the person or his love" (pg. 129).

Sullivan (1953) also conceptualizes jealousy in terms of

disturbed interpersonal relationships. He describes jealousy as "a very complex, painful process...involving a great complex field of interpersonal relations" (Sullivan, 1953, pg. 348). According to Sullivan (1956), individuals who suffer from jealousy have a deep conviction of their own inadequacy and unworthiness in intimate relationships, and they believe that their partner and a third person could have a much better relationship. The jealous individual does not feel that he deserves his partner. Sullivan (1956) states that the feelings of inferiority are also reflected in the belief that the partner is much more proficient at getting his needs met.

Jealousy is symbolic of a failure of intimacy and Sullivan (1953) believes that it acts as a defense against awareness of one's basic sense of unworthiness in a relationship. Sullivan argues that strength of jealousy is "in large measure determined by the extent to which dissociated systems are involved" (1956, pg. 360). The fantastic character of jealousy is a complex function of how the self system defends against the recognition of dissociative parts of the personality. What is split off from awareness is not an underlying homosexual motivation, but the awareness that one is not worthy of an intimate relationship. Sullivan (1956) also maintains that jealousy may be a precipitating factor in both schizophrenic illnesses and the paranoid state.

Systems Theory

Margolin (1981) describes jealousy as an interactional rather than an individual problem. She stresses that the behavior of marital partners is interdependent, and it is impossible to understand the behavior of a jealous individual independent of the partner. Jealousy is a reciprocal and circular process within a relationship; it is a cyclical process which tends to become self-perpetuating. Margolin states that "throughout the assessment and treatment procedures, the focus always remains on jealousy as a relationship problem as opposed to the jealous partner. Explanations are sought to illustrate how both partners contribute to the jealousy pattern" (1981, pg. 476).

Constantine (1976) presents a model of jealousy which emphasizes the boundaries of a relationship. According to Constantine, jealousy is "often closely linked to an individual's definition and experience of these boundaries" (1976, pg. 391). Jealousy may be an early warning signal to the couple that there is a difference in their expectations and assumptions concerning their relationship and a sign that their implicit contract needs to be changed.

Teisman (1979) also maintains that in order to understand jealousy, the entire jealous system must be considered. In the treatment of jealousy, this system includes "not only the couple but also the rival, the

therapist, and the norms of the subculture" (Teisman, 1979, pg. 153). Teisman also believes that what is especially missing from the pain and seriousness of a relationship marked by jealousy is a sense of play, and he encourages the therapist to introduce "serious playfulness" (1979, pg. 159) as a therapeutic technique in order to loosen up the stuck process.

System theorists emphasize the vicious cycle of jealousy in which ineffectual attempts by the couple to deal with jealousy perpetuate the cycle. Im, Wilner, and Breit (1983) suggest that at times both partners may find themselves caught in a double bind; the more the jealous partner questions their partner, the more their partner withholds. Im (1983) maintains that either partner may make a change that can interrupt and thus resolve the jealous cycle.

Jealousy and Culture

Davis (1977) believes that the expression and meaning of jealousy is determined by the society in which one lives. He denies that there is a jealousy instinct as Darwin (cited in Clanton and Smith, 1977) maintained, and he argues that the cultural source of jealousy is reflected in the fact that the situations which elicit a jealous response vary tremendously from one culture to another. Some cultures even seem to be without jealousy; the practice of wife swapping which is considered normal in certain Eskimo societies would certainly arouse jealousy in members of other cultures (Mead, 1977). According to Davis (1977), jealousy serves a social function in that it strengthens the social norms of a culture concerning marriage.

Ellis (cited in Clanton and Smith, 1977) also maintains the importance of cultural norms which contribute to jealous feelings and behaviors. He states that jealousy is "rooted in human cravings for socio-economic and sexual monopoly and possessiveness, and in the insecurities, anxieties and feelings of inadequacy that are engendered when the fulfillment of these cravings is threatened" (1977, pg. 135). Ellis argues that these desires are reinforced by social learning and that jealousy is more pronounced in cultures which favor romantic and monogamous norms toward relationships.

Social structure and sex-role socialization is also described by Whitehurst (1977) as a determining factor in jealousy. He examines the particular values of American society which are pertinent to jealousy, and he believes that the cultural norms of ownership and private property, the emphasis on novelty and competition, and the desire for a perfect relationship combine to make Americans particularly prone to jealousy. He also argues that in "our culture, jealousy is seen as a measure of love" (Whitehurst, 1977, pg. 137), and attempts to eradicate jealousy will be very difficult.

Bernard (1977) views cultural norms as important in the expression of jealousy, but he maintains that normal jealousy is on the decline as attitudes toward extramarital sex are becoming more liberal. As the belief in monogamy becomes less prevalent, there is less justification for jealousy. Jealousy then is in the process of attrition since it is no longer accepted as a "community-conferred right" (Bernard, 1977, pg. 149).

The importance of cultural norms and social support are certainly revealed in the relationships of swingers. Gilmartin (1977) reports that the relatively low level of jealousy among swingers is due to the fact that extramarital sex within the swinger culture is not viewed as a violation of the agreed upon boundaries of a relationship. He states that as long as "jealousy is justified by our cultural norms,

as long as the wronged party is seen as cuckold...we may expect jealousy to pervade our interpersonal relations" (Gilmartin, 1977, pg. 158).

Cognitive Theories

Applying Shachter's two component theory of emotion to the study of jealousy, Walster and Walster (1977) argue that jealousy is determined by how an individual labels his emotional experience. The emotion of jealousy has two indispensable components: 1) physiological arousal, and 2) an individual's cognitions about how he should feel in a certain situation. The labeling of physiological arousal as jealousy is important as an individual then acts according to his learned jealous script.

Ellis (1977) stresses the importance of cognitive processes in the experience of jealousy as he differentiates rational from irrational jealousy. Rational jealousy results when one's partner shows a marked interest in someone else; it is a reality based fear that one may lose one's partner completely. Ellis doubts that this type of jealousy can ever be completely eliminated. Irrational jealousy, on the other hand, is based on an irrational belief system, such as "Isn't it awful that he or she is interested in someone else...what an incompetent slob I must be" (pg. 173). Ellis maintains that intense jealousy is an idiosyncratic reaction of an

individual when his needs are not being met, and he stresses that an individual always has conscious control over these reactions.

The importance of the attributions an individual makes concerning his partner's extramarital involvement and jealousy has been emphasized by Buunk (1984). In his study of couples involved in extramarital relationships, Buunk found that jealousy is especially intense when the jealous individual attributes the partner's behavior as reflecting a dissatisfaction towards the jealous person or the relationship. Buunk (1984) also found a sex difference in the attributions which partners made. Jealous males more often attributed their wife's behavior to aggression and a need for variety; jealous females attributed their husband's behavior to the pressure of a rival and the marital dissatisfaction of their husbands.

Correlates of Romantic Jealousy

In the attempt to bring the study of jealousy into the laboratory, psychologists in recent years have devised various self-report scales to measure jealousy (White, 1981). Many of these studies have attempted to correlate certain personality traits with the intensity of jealousy, while others have examined specific aspects of the relationship (Bringle, 1983).

Personality variables which have been found to be associated with jealousy include: 1) low self esteem/insecurity (Bersheid & Fei, 1977; White 1981; Stewart and Beatty, 1985); 2) sensitizers (Bringle 1981; White 1981); 3) external locus of control (Bringle 1981; White 1981); 4) romanticism (Lester et al., 1985; Mathes and Severa, 1981); 5) emotional dependency (Buunk, 1982); 6) dogmatism (Bringle, 1981); 7) traditional sex role orientation (Hansen, 1982).

Other research has shown that simply examining personality traits of jealous individuals can not fully explain the experience of jealousy (Bringle, 1983). Trait theorists can not explain how the same individual may experience different reactions to the same jealousy-evoking situation with different partners or how an individual may experience different reactions with the same partners in similar jealousy-evoking situations as the relationship changes (Bringle, 1983). In order to explain these differences within an individual in the experience of jealousy, the issue of power within a relationship has been explored. White (1981) has found that the partner with the greater relative involvement in a relationship, therefore having less power, report being more jealous than their partner. Similarly, Bringle (1979) reports that individuals who have fewer alternative outcomes outside of the primary relationship report feeling more jealous than their partner.

The Existential/Phenomenological Approach

Existential-phenomenology is the coming together of two interrelated disciplines. Existentialism is a label applied to a variety of philosophies, but May (1967) believes that existentialism is primarily an "endeavor to understand man by cutting below the cleavage between subject and object which has bedeviled Western thought and science since shortly after the Renaissance" (pg. 11). Existentialism is a "science of being" (May, 1967 pg. 2) which is concerned with the existence of the individual in a given moment in time and space. Existentialists also propose that the future, instead of the present or past, is of primary importance for individuals.

Phenomenology is a term applied to a number of similar methodologies, but it is basically a method which seeks to "articulate explicitly the implicit structure and meaning of human experience" (Keen, 1975, pg. 19). Phenomenology also stresses the importance of the basic unity or interrelationship between an individual and his or her world (Valle and King, 1978).

Existential-phenomenology "is concerned with the meaning of phenomena as they occur in concrete situations" (Ramm, 1980, pg. 35). It is an attempt to clarify an individual's being-in-the-world. According to this approach, one must explore as fully as possible the experience itself as it is

lived by an individual in order to understand the phenomena. Keen (1975) states that "this lived experience must be our guide in understanding other people and what things mean to them" (pg. 21). The existential-phenomenologist attempts to reveal the many meanings of an individual's experience through a direct dialogue with an individual's description of their experience.

The phenomenon of jealousy described by Tellenbach (1974) occurs in a situation in which the self finds essential fulfillment. He states that the "occurrence of jealousy is a sign that the self can be wounded at its most vulnerable spot, and that, therefore, a tangible weakening of the self is imminent" (1974, pg. 463). Within the experience of jealousy, there is an obsessive worry that seeks to avert loss. In a romantic relationship, the intensity of jealousy is determined by the extent to which the individual finds his/her fulfillment in the partner.

Tellenbach (1974) stresses that the element of time is important in the understanding of jealousy. Jealousy involves the worry over an event in the future; it is the apprehension of the future loss of love and ensuing suffering. An individual may be so consumed by the fear of the withdrawal of love that there is no room left in the present for the expression of love and care toward the partner. Tellenbach (1974) believes that the constant fretting of jealousy can only be dissolved by trusting one's

partner.

Rock (1983) describes jealousy as an onion with many different layers; these layers include dysfunctional beliefs about how one should behave in a relationship, projection of your own desire to be with someone else, envy, guilt, fear of loss, loss of self-esteem, and infantile anxiety. Rock (1983) describes the core of the onion as the fear of aloneness and the fear of death. He states that "jealousy is not a problem of relationships, not a problem of love, but a problem of religion. Jealousy is basically, fundamentally a spiritual problem" (Rock, 1983, pg. 78). It is the fear of nothingness which moves an individual toward a needy attachment of another, and it is jealousy which exposes an individual to how he relates to his existence.

Even though Becker (1973) does not directly describe the experience of jealousy, his discussion of modern man's dependency on romantic relationships in their search for meaning is related. This dependency on a relationship for one's spiritual needs could certainly result in jealousy if one feels that this relationship is threatened. Becker believes that an individual's dependence on his partner is the "result of the loss of spiritual ideologies" (1973, pg. 162), and his views suggest that one could understand an individual's jealousy by exploring his spiritual development.

Barrell and Richards (1982) also explore the existential

meaning of jealousy. The common factors which they believe are necessary in the experience of jealousy include:

- 1) desire for experience which the partner is enjoying;
- 2) feeling blocked in the pursuit of a desirable experience;
- 3) feeling that the rival is not deserving of time with partner.

Underlying these factors is a basic sense of aloneness. Barrell and Richards state that "to feel jealousy is to feel fundamentally apart from others" (1982, pg. 43). In order to overcome this loneliness, one attempts to possess or control the partner. Jealousy results when these attempts to control one's partner inevitably fail. Barrell and Richards (1982) suggest that one way to overcome the painful experience of jealousy is to live with a sense of relatedness to others "as human beings like ourselves...as part of some greater whole, that is, humanity or life" (pg. 44) and to respect the personal autonomy and integrity of one's partner.

In Ramm's (1980) phenomenological study of jealousy, he found that the experience of jealousy revolved around two issues: who the subject was for the significant other and who the significant other was for the subject. Prior to the experience of jealousy, the individual understands that he or she holds a privileged position in the partner's world in which "the subject has been experiencing himself/herself as the primary, if not exclusive, one through whom the significant other can find fulfillment, enjoyment, satisfaction in terms of his or her affectional mode of being

in the world" (Ramm, 1980, pg. 75). The individual, who experiences jealousy, believes that he can or should be able to fulfill entirely the desires and affections of the partner. The individual is also living with the understanding that the partner is the "principal if not exclusive provider of affirmation of the subject's adequacy as a loveable human being" (Ramm, 1980, pg. 75). The relationship is all important to the individual's self esteem.

Ramm (1980) describes the experience of jealousy occurring when the assumptions of privilege described above are disrupted. He states that "the possibility of becoming jealous emerges in a situation where this privileged position is called into question by behavior on the part of the significant other...a jealous situation is one in which I am present to the possibility that who I am for the significant other is ambiguous" (1980, pg. 74). Ramm stresses that the jealous situation confronts an individual with the inherent freedom of the significant other, and he states that an individual will remain jealous as long as he or she wrestles with the ambiguity of who they are for their partner. Genuinely resolving jealousy means accepting this ambiguity.

It is important to note that the data of Ramm's study suggest that the experience of jealousy is not simply the fear of loss, but it involves the recognition of the subjectivity

of the significant other. Ramm maintains that it is "the ambiguity of the 'possession' of the significant other that is at the heart of the jealous situation" (1980, pg. 109). Jealousy does not necessarily involve the fear of losing one's partner to a rival, but it involves a confrontation with the subjectivity and inherent freedom of the significant other.

Purpose of Study

The literature review reveals the complexity of the phenomenon of jealousy. Each approach has made unique contributions to the understanding of jealousy, but each approach has definite limitations. Psychoanalytic writers primarily explore the unconscious as the source of jealousy for individuals, but they fail to fully examine the present interpersonal dynamics in the triangle of jealousy. Similarly, cognitive theorists fail to fully explore the interpersonal horizons of the experience of jealousy. System theorists and social psychologists are also one sided in their approach to the study of jealousy as they fail to look at important individual dynamics.

In recent years, researchers (White, 1981; Hansen, 1982) have attempted to bring the study of jealousy into the light of the scientific laboratory by using hypothetical situations and quantitative methods in their research. This research (White, 1981; Pines and Arronson, 1983) has aimed at correlating personality variables with jealousy. These recent attempts using quantitative methods, however, have not been able to reveal the complexities of the experience of jealousy. Also, the theories and models of jealousy which most researchers have devised to date deal primarily with the antecedent conditions of the experience, while few studies have concentrated on the actual lived experience of jealousy.

Even though the question of meaning and qualitative structure of jealousy has not been completely ignored by psychologists (Ramm, 1980; Rock, 1983), the study of jealousy remains almost totally lacking in a systematic, phenomenological understanding.

The phenomenological method seeks to reveal the many layered meanings of an experience by enlisting the participant as a co-researcher (Keen, 1975). Its goal is to understand the meaning of an individual's experience by making explicit that which is implicit. Since jealousy is a complex experience which is dependent on the interpretations of individuals in specific situations (Clanton and Smith, 1976), the phenomenological method is especially well suited to gain an understanding of this complexity.

Because of the importance of the specific situation in the understanding of jealousy, I limited participants in this study to individuals who had been married at least five years. I also chose to investigate the situation of jealousy in which an individual becomes threatened by the partner's relationship with someone of the opposite sex.

Method

In collecting data, I interviewed six married individuals, three men and three women. The procedure which I employed was adapted from Ramm (1980). I initially asked participants to respond in written form to the following instructions: "Remember one of your most memorable, intense experiences of jealousy within your marriage and describe as fully as possible what you felt, did, or said in the situation. What happened to your jealousy? Describe relationship after the jealous experience". In order to clarify the participant's experience, I then conducted a tape recorded interview in which participants were asked to read aloud their written protocols. Open-ended questions were asked throughout the reading to fully explore the participant's experience.

Data analysis included five procedural steps described by Giorgi (1985) and Wertz (1985). These steps are as follows:

- 1) Initially, I read each participant's interview to get a sense of the whole experience. This step involved simply reading the text and making sure I understood the language of the participant.
- 2) I re-read the interview and I delineated the protocol into constituent moments or scenes. I discriminated the scenes or meaning units in the text which were relevant to the experience of jealousy. Breaking the text down into

smaller scenes made the analysis of such a lengthy document possible.

During this stage of data analysis, I began to realize that the intense experience of jealousy could not be adequately understood simply as an isolated moment in a couple's marriage. Even though the focus of each interview was the most recent, intense experience of jealousy and the consequences of this experience, I found that there was also an important historical context which contributed to the experience of jealousy for each individual.

3) I then organized the meaning units into a chronological description of the jealous experience from the first person perspective, more or less in the participant's own language (First Person Descriptions). The descriptions were organized into four major constituents: description of marriage before experience of jealousy, immediate past before intense experience of jealousy, intense experience of jealousy, and immediate experience following intense incident.

4) The next stage of data analysis involved a psychological reflection of the individual descriptions, moving from the factual description to their meanings for the subject. As I again read the individual descriptions, I attempted to make explicit that which was implicit in each participant's description (Individual Structures).

5) The final stage involved the articulation of a general structure of the experience of being jealous (General Structure of Jealousy). Whereas the individual structures remained close to the specific situation of each individual, the general structure was an attempt to arrive at the most general meaning of the experience of jealousy. In order to formulate a general structure, I initially read the individual structures with the aim of discerning general features within them; I read the individual structures in light of the other ones. As Aanstoos (1987) points out, sometimes these general insights are highly implicit in the individual structures. When a general feature didn't seem to make sense for a particular structure, I then had to go back to the interview to see if that general element would fit with what the individual had stated.

Results

The results of this study include the six individual structures of the participants; the individual structures consist of four sections: description of marriage before experience of jealousy, immediate past before intense experience of jealousy, intense experience of jealousy, and the immediate experience following intense incident. From the analysis of these individual structures, the essential meanings or general structure of jealousy within marriage is then presented.

Individual Structure Female #1

Description of Marriage Before Experience of Jealousy

As soon as D. and her husband became married, D. experienced a sudden change in their relationship. She experienced her husband as becoming non-intimate the day that they were married. She believed that her husband had a very hard time adjusting to being married, and this bothered her. D. and her husband experienced difficulties in their sexual relationship, and she became angry that he would prefer to stay up late at night working on projects instead of going to bed with her.

D. began to wonder what was happening to their relationship as she felt ignored by her husband. She was angry with the growing distance between her and her husband.

She also wanted to have children, and she was frustrated when her husband kept telling her that he wasn't ready yet. D. at times felt powerless in their marriage, and she would become angry at her husband for what she felt were manipulative actions; she was suspicious of his motives for some of his actions.

At this point in their marriage D. and her husband worked for the same company, but she was not comfortable with this situation; she did not enjoy them working at the same company. She knew that her husband had not established a very good reputation with several people, and she felt that this reflected on her. D. was pleased when he received another job offer, and she encouraged him to take it. She felt like his working in a new environment could help him feel better, and ultimately this change would help their marriage. Initially, she felt like his working in a new environment did bring them closer together, since he would share his concerns with her about it.

Immediate Past Before Intense Experience of Jealousy

D. became very jealous of the relationship that her husband established with his female boss, K., at work. As her husband, M., became more focused on his work, talking on the phone at home a good deal with his boss about work and not sharing this information with her, she began to feel "totally insignificant and unimportant" in her husband's life. D.

became very resentful of this intrusion into her marriage; she was also suspicious, wondering what her husband and his boss were up to as they would stay late together at work. She felt that she was being replaced by this other woman, and she also feared that her husband was going to leave her as he had done in a previous relationship.

When D. compared herself to her husband's boss, she felt envious of this woman's professional success. Intellectually she realized her own accomplishments, but when she compared herself to K., she felt intimidated and utterly lacking in self-confidence; she magnified K.'s power to the extent that she felt like "she was a huge giant who was taking over everything." D. was angry and confused concerning what K. meant to her husband. She felt threatened by their bond.

D. was angry at K. for her intrusion into their marriage, and she was angry at her for what she felt was a total disrespect that K. showed toward her; she felt like her status as M.'s wife was ignored.

D. also felt like her husband disrespected her, and she became angry at him for his withdrawal from her; she felt that her needs were not being met by him, while his needs were being met by another woman. She believed that her husband did not care about her feelings. D. was becoming increasingly unhappy in the marriage, and she was considering the possibility of divorce. Her distress finally reached a point where the problems in their marriage needed to be

confronted, so she entered therapy. At this time she was unsure if their marriage would continue.

Intense Experience of Jealousy

D.'s jealousy was reinforced when her husband was late coming home from work, and she was awakened at 2:00 a.m. by K.'s husband. The implied meaning behind his call was that their spouses were having an affair; this embarrassed D. and she did not know what to say to him. She became angry at her husband for his inconsiderate and rude behavior which showed a complete lack of respect for her and which put her in such an uncomfortable position.

As she waited for her husband to return home, D. became increasingly angry, focusing her anger on her husband. She blamed him for what was going on between him and K.; her anger toward K. dissipated at this time. She was angry that her husband would share so much of his life with another woman, as she felt that her position was being usurped. She also felt confused about what possibly motivated her husband to do such a hateful thing. Her self-esteem plummeted as she worried about what her husband was doing at this hour. She thought of throwing her husband out of the house so he could have whatever kind of relationship that he wanted with K.; she wanted her husband out of her life so she could avoid the hurt and anger that she was experiencing.

Before her husband returned home, D. had decided how she

wanted to calmly confront her husband. As soon as he returned, however, she "just lost it," becoming enraged at her husband. She was furious that he was sharing so much of his life with a woman from his workplace and not with her, the woman with whom he had taken marriage vows to share a life together. She felt out of control as she yelled and screamed at her husband, wanting to lash out at him since he was the object of her anger. She felt physically sick, nauseated, enraged.

M. would not respond to D., but he only told her that he would talk to her later about it. D. was not able to sleep that night as she lay awake considering what she wanted to do with her marriage. She laid next to her husband in bed thinking of what she described as "totally irrational thoughts," imagining packing his suitcase and throwing him out of the house, saying to herself that she wanted to kill her husband. She felt repulsed by her husband.

Immediate Experience Following Intense Incident

After the night which her husband stayed out until 2:00 a.m., D. and M. went for days without any communication. D. remained furious at her husband, and she decided that she was going to play his game; if he was going to ignore her, then she would just ignore him. Eventually in therapy, they were able to discuss this situation. D. viewed this therapy as a very positive experience as she and M. confronted other

problems in their marriage, and she was able to gain a greater understanding of herself. She felt that her intense feelings toward K. and K.'s relationship with her husband served as a catalyst for this work of self-understanding.

D. remained, however, insecure in the presence of K. Her envy was awakened again whenever she thought of her. If her husband made a positive comment about K., D. believed that he actually meant something negative about her. D.'s self-esteem remained easily threatened by K. She also continued to distrust K. and to dislike her domineering manner.

The situation between M. and K. at work changed so that they spent much less time together, which lessened D.'s jealousy of their relationship. She also believed that her jealousy had decreased somewhat since K. acknowledged her when she called her husband on the phone.

D., however, still had doubts about the nature of her husband's and K.'s relationship which kept her jealousy alive. Memories of what happened still created feelings of insecurity within her. She also worried at times about the future, that is, if they worked together again; she worried that she would be seen by her husband in a negative light as a "typical dumbbell housewife." M. and K. maintained a friendship which D. didn't like. D. wanted her husband to have no contact whatsoever with K.

At times, D. felt good about having these feelings of

jealousy; they were familiar and understood by her. At other times, however, she felt self-critical, feeling that jealousy was "a bad, un-Christian thing". She felt guilty about the feelings of rage which surfaced.

Individual Structure Male #1

Description of Marriage Before Experience of Jealousy

A. experienced jealousy in his marriage as his wife, V., maintained a relationship with a man whom she knew before they were married. V. had in fact left A. three times in their 10 year marriage to be with this other man, H. Each time that V. returned to A., he believed that his wife's relationship with this other man was over, and he wanted to work out the problems in their marriage.

Even though there was the threat of loss each time that V. left A., he never really thought that she would leave him for good. Since V. would miss him and their children and since she had a great deal of freedom in their marriage, A. felt that she would return. A. resented, however, the fact that his wife would leave him and pursue another man, so he would use drugs in order to escape the pain of this situation.

A. attempted to justify his wife's behavior by blaming himself. Since he had a substance abuse problem, he believed that he was at fault. He was afraid to take more of a stand with his wife which led to negative self appraisals. He believed that if he were "more of a man," then he would have

either left the marriage or his wife would not have needed to continue her relationship with H.; V. would have been able to get everything she needed from him. A. felt that he was lacking in some way as a husband and a father.

Immediate Past Before Intense Experience of Jealousy

A.'s wife left him about a year and a half ago for the third time. Again, when she returned, A. wanted to work out their difficulties. Because of their three children and the love for his wife, A. believed that it was worthwhile to continue their marriage.

A. described their marriage at this time as lacking intimacy and spontaneity; he was angry that his needs were not getting met, especially his sexual needs. They were fighting often about this lack in their marriage.

A. never knew this other man in his wife's life. H. was an obscure figure to him, but A. felt his presence as he knew that his wife continued to call him. He experienced his presence as an intrusion in their marriage. A. experienced this triangular situation as a vicious cycle, "feeding each other's anger and hurt." He hurt his wife by smoking marijuana, and she would call this other man which hurt A.

Intense Experience of Jealousy

Jealousy was reawakened within A. when he and his wife received a Christmas card from H. A. became angry when he noticed that the card was from H., as he felt a lack of

respect from his wife for allowing H. to send this card, and he felt disrespected by H. for sending it. A. again questioned his integrity as a man for allowing V. to maintain her relationship with H. and allowing him to intrude upon their marriage by sending this card. He wondered what H. meant by sending this card to them.

A. was also angry that the card was addressed to him and V. as if H. was also his friend. A. did not want any type of friendship with H. The fact that there was a picture of H. and his son in the card was particularly troubling to A. H. was no longer an obscure presence in their marriage, but he was a real person who threatened his marriage.

A. and V. argued about the card which opened up the old wound; A. became enraged when he found out that V. and H. had been exchanging personal letters and been having long intimate phone calls which he described as "sex talk". A. was envious that his wife was giving to someone else what he expected from their marriage; he felt cheated. A. felt hurt and angry, as if he were V.'s "second husband."

A. became increasingly angry at his wife as he thought about how he was being cheated. His body became energized so that he felt like "the incredible hulk, like superman...like I could kill." He felt very tense, crazy, out of control; he wanted to destroy his wife. A. wanted to lash out at V. and strike her. He was able to restrain himself, since they were

in her car on the side of a public road and others could see them. In his rage, he hit the seat of the car and the dashboard.

A. left his wife in her car, and he returned home. In his anger he called H., threatening him, and telling him that he knew what was going on, that "no wool was being pulled over his eyes."

Immediate Experience Following Intense Incident of Jealousy

After "stomping" around his house for about an hour, A. calmed down. A. then returned to the car where he had left his wife and when he saw her crying, this helped bring him "back to reality." He had calmed down considerably as he felt like he was again in control, more like himself. They were able to discuss what had happened, and they talked about what they wanted to do with their marriage. A. remained in a dependent position as he believed that it was his wife's decision to stay or to leave.

Shortly after this incident, A. and V. decided to see a counselor. It was agreed that A. would stop smoking marijuana and V. would stop communicating with H. Even though the experience with the Christmas card was a very painful one for A., he believed that oddly enough this crisis situation brought he and V. closer together.

A. also decided to set clearer limits with V. He did not want her to have any type of contact with H., and he decided

to leave the marriage if his wife communicated with H. again. When his wife called H. again, however, A. was not able to follow through with his threat. A. felt like a parent who could not keep a threat made to a child.

A. remained jealous; he was not able to trust his wife not to contact H. Also, he still felt that if H. asked his wife to come live with him, then she would do it; he continued to question V.'s commitment to the marriage.

Even though A. wanted to stay married to V., he was ambivalent at times about the marriage. He didn't want to continue to feel jealous as it was a negative experience for him; he became depressed when he considered what he had been through with V., and some days his frustration and anger would reach a point so that he would consider leaving the marriage.

Individual Structure Female #2

Description of the Marriage Before Experience of Jealousy

R. viewed their nine year marriage as unique and non-traditional. She and her husband, H., did not want to limit each other or to dictate what was the best thing to do in a given situation; she believed that rigid standards could hurt a marriage so it was best to always be open or flexible to the mood or present moment.

R. believed that it was not right to put limits or conditions on her husband's relationships with others, but she found that this was a hard principle to live by as she

experienced jealousy at times in their marriage. She explained her jealousy by believing that she was characteristically jealous and that H. had many female friends.

R. struggled with the issues of privacy and intimacy in their marriage. At times she felt that every intimate moment, every thought or feeling should be shared; she also had felt that she could fulfill all her husband's relationship needs. Because of these beliefs, she experienced resentment when her husband's friends would not include her in their correspondence. But she also believed that it was right for him to keep certain personal feelings from her, and she knew that she could not fulfill all of her husband's needs.

R. tended to avoid close relationships with men, since she believed that it was very easy for friendships between men and women to become sexual. R. and her husband had lived apart for extended periods of time in their marriage, and each had had affairs while living apart. R. realized that she had loved both her husband and another man during their marriage, though in different ways.

Immediate Past Preceding Intense Experience of Jealousy

R. experienced jealousy toward her husband's classmate, C., as they began to spend time together and become close. When she had "jealousy attacks", H. told her that she was

exaggerating their closeness and that she was being unfair or irrational.

R. became increasingly threatened, especially as she got to know this other woman. She described C. as a strong, manipulative woman, and she seemed to her "like such a sexual being," that it was hard not to think that they were involved sexually." Her husband denied that they were sexually involved, but she doubted or feared this at times. She did not like C., especially the way C. was with men, and she believed her to be a "sneaky" person; R. did not trust her. She wondered what her husband meant to C. and what C. meant to him. She also compared herself to C. as she considered why her husband might be attracted to her.

During this troubled period in their marriage, R. stated that she was having a difficult time in school. She was feeling insecure, worthless, and she believed that her husband did not want to spend any time with her at all. R. and H. separated for several days when she received a time limited job offer in another city. When she returned home, she found out that her husband had spent this time with C. at C.'s parent's house. She was furious at him, and she wondered if she wanted to stay in her marriage; she felt that she needed to decide what she expected and wanted from it.

They again separated, and her husband moved to France to work. After five months they reunited, and R. felt good about their marriage as she felt that H. was totally committed

to her. There were no other females in her husband's life, and C. was now living in another city. She felt secure as her husband and C. were no longer communicating with each other; C. was completely out of her husband's life.

Intense Experience of Jealousy

R. again experienced a threat to her marriage when her husband received a letter from C. She became afraid that this woman was coming back into her husband's life. The letter opened up an old wound, unfinished business. She did not like that C. had been and probably remained an important person in her husband's life. As she looked at the unopened letter which was addressed to her husband, she became nervous, and her anxiety increased as she worried about what the letter contained. It made her angry that C. was pushing herself between her and her husband, and she was also angry that the letter was addressed only to her husband. She felt like this showed a disrespect for them as a married couple.

She obsessed about the letter all day, becoming angry at her husband for allowing C. to write it, blaming her husband for the letter. Her anger and anxiety increased as she began to imagine possible scenarios, that perhaps H. had not told her the truth; maybe they had seen each other or had been communicating without her knowledge. She worried that maybe C. was professing her love for her husband.

When her husband came home, he opened other mail, but he

would not open C.'s letter. R. became enraged at this. She believed that he was hiding something, not being completely open and honest with her. The fact that he would not open it was proof of his dishonesty. She was nervous throughout her body; she felt hot, her heart was beating fast, and she was unable to breath. She said that she felt out of control, yelling at her husband. She did not know how she would be able to continue on if she did not know the truth about her husband's and C.'s relationship. Her husband, however, continued to refuse to open the letter in front of her as he accused R. of invading his space and trying to control him. She became increasingly angry at H. for refusing her what she wanted, for not opening the letter. She was caught in a frustrating bind in that she was afraid that he would open the letter and she would find out something which she feared. She also was afraid that he would not open it and she would be left with a question and doubt about the truth of her husband's relationship with C.

Their argument continued until H. went to bed. R., however, was not able to sleep as she remained afraid of her husband's relationship with C. She worried that perhaps he had loved C. while they were married. She knew that she did not want him to love anybody else, and she became overwhelmed with sadness, afraid also that her husband was not being totally honest with her. As she was crying, her husband got up out

of bed, tore up the letter and threw it down the garbage chute. R., however, remained angry at H. for not sharing the letter with her, for not understanding her feelings and supporting her.

Immediate Experience Following Intense Incident of Jealousy

R. and her husband were later able to discuss this situation involving the letter. R. listened as H. explained that her jealousy and irrationality was counterproductive, and that they created within him the very tendencies and behaviors which she feared; he felt that she treated him "like a child the parents are trying to control." R. did not believe that her husband's desire to be with C. was simply a reaction to her behavior; she blamed her husband for creating the situation which caused her feelings of jealousy to arise.

R. did, however, realize that she was irrational at times, "like an animal or something that goes with its instincts", and that she was hard on herself and her husband. R. felt a split within her between a set of ideals and the reality of her feelings and reactions. "In theory", and in agreement with her husband, she thought that people should not restrict each other's freedom or their turning to others for satisfaction of their needs. But she trusted her intense feelings of jealousy and hurt, and saw in them sufficient ground for blaming her husband for causing them and insisting on setting limits on him. She also felt that it was normal

to experience jealousy, but she thought that she had overreacted. She wished that she had been more low key, that she had not gotten so upset.

Because of the pain which H.'s relationship with another woman caused in her, R. realized that she needed to take more control. She decided to set clear limits with her husband about his relationship with C. in order to avoid this pain, thus protecting herself. She told him that she wanted him to have no contact whatsoever with her; if he did, then she would leave him. She remained threatened by C., threatened by her strength and fearing that she could be replaced by her. She also remained unclear as to why this particular woman threatened her.

R. also decided that she did not want her or H. to become intimately involved with others. R. struggled with this decision, feeling guilty at times, as she still believed in theory that she should not have to know everything about her husband's thoughts or limit his behavior. In reality, however, she felt that she wanted to be everything for him, "his lover, his mother, his counselor."

Individual Structure Male #2

Description of Marriage Before Experience of Jealousy

M. had experienced jealousy in his marriage eight or nine years ago when an old lover of his wife called at 2:00 a.m. M. knew this man from the time before he and his wife, J., had

become married. He was angry about this call, wondering what this man, S., was doing calling at this hour. He also felt disrespected since S. simply asked for J. M. felt like he should have asked to speak with "his wife." He remembered that he wanted to be tolerant about the call, but he became quite angry. His anger dissipated only when his wife assured him that there was nothing going on between them and that she was through with that relationship.

M. explained his anger at S. by comparing this situation to his own experience. M. had terminated the relationships that he had with women before he was married, so he believed that J. should have done the same concerning S. He could not imagine a friendship developing between his wife and S.

M. believed that he and his wife had open communication in that they talked about anything. M., however, was not able to live out this ideal, as he and his wife avoided talking with each other about outside relationships. In order to deal with these relationships, he and J. made an agreement which they called "mutual respect." Mutual respect meant not telling the partner about other relationships which occurred "on the street"; it meant being discreet enough so that their partner would not have to deal with these relationships. This arrangement kept M. from experiencing jealousy which he did not want to be bothered by.

M.'s difficulty living the ideal of total honesty with J. was also illustrated when they tried to discuss one evening

if either had been sexually involved with another. M. was not able to ask J. if she had been involved sexually with another since he was afraid of what her answer might be; M. had considered this possibility but he did not want to confront the actuality. M. at times wished that he and J. could have a sexually open marriage, but he believed that he was not strong enough to do it. He did not want J. to be sexually involved with another, since he believed that he would then lose control of her; he did not want anybody else to have what he considered to be his possession. Thus, a part of M. also was very much opposed to the ideal of an open marriage. He believed that if his wife were sexually involved with another, then this would be a violation of one of the most sacred parts of their relationship.

Immediate Past Before Intense Experience of Jealousy

M. believed that his wife should not give her old lover, S., any time whatsoever. M. had won in a sense, so S. should be out of her life entirely. J. had married him, so S. deserved no time with his wife.

At times M. had experienced jealousy in social settings when his wife spent time talking with another man. His wife would not take him seriously, though, and they would laugh about it. He also believed that a jealous person is one who is paranoid and lacking in self confidence to maintain their relationship with another.

Before S. called J. again, M. was not aware that his wife had maintained any type of relationship with S. He believed that his wife was completely finished with this relationship.

Intense Experience of Jealousy

M.'s jealousy was rekindled when S. called again, and he answered the phone. He was surprised that S. called since he thought that J.'s relationship with him was over; he considered S. to be history, a ghost. He immediately felt anger rise within him which was primarily directed at S., questioning his motives for calling his wife. He was also angry that S. did not acknowledge him when he asked to speak to J.; he felt disrespected by him.

After giving the phone to his wife, M. began to doubt her, worrying that possibly she had been lying to him about her contact with S. At this point, he had to confront the possibility that he did not know something about his wife's relationship with another man. He worried that she had withheld information from him, and he began to imagine that perhaps S. had been in town recently and that his wife had been together with him. He also began to doubt himself. Feelings of insecurity arose in him as he compared himself to S., asking himself, "what does he have that I don't?" He wondered what this other man could offer his wife that was missing in their relationship.

M. did not want his wife to know that he was feeling

jealous, so he went into his office to do some work, "to chill out". He stated that he felt very tense, his body was tightened up, his hands were sweaty. When he had heard S.'s voice on the phone, he was turned on all of a sudden like a switch. His response was automatic, out of his control. Irrational thoughts, including the fear that his wife would leave him and doubts about himself raced through his mind.

As he sat in his office, he continued to wonder about the call as it rekindled old doubts; he remembered the phone call from years past. He also began to plan his approach as he wanted to be diplomatic about the call, to be able to question his wife in a cool manner and not come across like a "jealous fool." He could not simply let this call go by, however, without questioning his wife about it. There was a possessive quality to his need to question his wife; he needed to test his wife, to see if she would tell him the truth about whom had called. M. stated that he needed to "check on his furniture."

After he had calmed down for about an hour, he began to question his wife about the call. He still was upset, and he had to make an effort to remain under control. His wife told him that it was indeed S. on the phone, and she again reassured him that nothing was going on between them. She also joked with him about his feeling jealous which helped to calm him down.

Immediate Experience Following Intense Incident of Jealousy

M. stated that he was able to "put a lid on" his jealousy after his wife's reassurances. He felt, however, that his feelings of jealousy were still within, lying dormant for the time being, and he believed that these feelings would surface again if S. called. M. also realized that he resented that an ex-lover of J's would call her.

M. continued to fear that his wife was not being totally honest with him, but he also was afraid of finding out something which he did not want to know about. He was able to avoid dealing with this ambivalence and jealousy, however, by staying in the dark about his wife's relationships with other men. If he did not actually see something, then he could continue to believe that nothing was going on behind his back. He continued to rely on their agreement of mutual respect.

During J.'s phone conversation with S., M. briefly feared that his wife would possibly leave him for S. Later, when he reflected upon this possibility, he was able to realize that she was not going to return to her old lover; she was not going to leave him, their children, and the security of their marriage. M., however, still questioned S.'s motives for calling, and he still believed that his wife could be persuaded by him to become sexually involved. He also felt that if his wife really wanted to see S., then she probably

would and she would not tell him about it.

M. felt silly about his jealousy, that it was not okay to feel or express it. He believed that after 14 years of marriage that he should be beyond this inability to trust his wife. He, therefore, needed to deny it, not share this experience with his wife.

Individual Structure Female #3

Description of Marriage Before Experience of Jealousy

T. believed that she and her husband, D., had been growing apart for several years; she thought that she and D. had lost some of the intimacy in their marriage. She was unhappy with several of her husband's habits, and she particularly detested that her husband continued to smoke cigarettes. She also felt that she was making certain sacrifices which D. was not making. She was angry at him and she felt cheated.

When she would try to talk with her husband about their problems, he would close up, accusing T. of talking to him like a child. T. resented her husband for this lack of communication. T. believed that D. did certain things to bother her since he believed that she was in control of the relationship. T. was also frustrated that she received no emotional support from her husband, and she resented her husband for holding her back from doing what she wanted to do.

T. believed that she and D. were both insecure in their

relationship; each was unsure if they could be the kind of person that their partner wanted them to be. She also believed that her husband was more attracted to her than she was to him.

T. felt tired of what she experienced as "the battle" between herself and D. It was tough for her to stay in the marriage, but she believed in keeping her marriage vows and raising her children. Because of this belief, she felt that her husband had a hold on her. She resented also that often she had "to bite the bullet" to keep peace in their home. At times she felt like she could not care less what happened to their marriage, but she also hoped that things could improve.

T. was ambivalent about her marriage, and she believed that the reason she did not take on a full time job was that then she would no longer need her husband. T. thought that she would be the one to leave the marriage.

Immediate Past Preceding Intense Experience of Jealousy

T. had experienced jealousy of the relationship which her husband established with a woman who was the team mother for her son's soccer team which D. coached. She felt threatened by this woman, Y., especially since her husband told her that Y. looked like her; T. had a difficult time accepting that Y. resembled her. T. felt at times that this woman was taking her place when Y. and her husband spent time together.

T. was angry at her husband for allowing Y. certain privileges, such as smoking cigarettes in T.'s car, which even he did not have. She particularly disliked that her husband and Y. both smoked. T. also felt disrespected by Y. when she smoked in T.'s car. She was particularly upset one day when she saw her husband and Y. share the same cigarette. She was threatened that they were sharing something which she did not do or approve of.

T. was angry at Y., and she did not like or trust her; she felt that she didn't have any class. T. was angry at her for her intrusion into their marriage. T. described their marriage as going through a crisis which was accentuated by her husband's relationship with Y. T. did not trust her husband; she did not think that he was telling her the entire truth about this relationship. She imagined that D. and Y. were sexually involved even though he denied it. She believed that at times one had to close one's eyes to what was going on, and she rationalized her situation by thinking that things could have been worse.

Intense Experience of Jealousy

T.'s feelings of jealousy came alive again when she and her husband went to a nightclub, and they saw Y.; the fire from an unresolved situation between her husband and another woman was rekindled. When Y. approached T. and her husband, making body contact with him, T. became angry. She wanted to

say something, but she decided not to express her displeasure; she didn't want to upset the mood of the evening. She wanted to appear calm, even though she was very angry at Y. for being disrespectful toward her by touching "her man."

Throughout the first part of the evening, T. vigilantly watched D. and Y. She imagined that they wanted to sneak behind her back and smoke a cigarette together, and she was determined to prevent this from happening; she felt that they were "trying to pull the wool over her eyes." Even though she imagined that D. and Y. wanted to smoke a cigarette and talk, she did not ask her husband this; she did not want to confront this situation directly.

When T. watched Y., she did not like what she saw. She did not like the way that Y. danced. She also noticed that Y. drank the same type liquor as D. T. felt threatened as she imagined that Y. and her husband could drink and smoke together and Y. would not criticize D. for that.

T. continued to watch D. and Y. make eye contact as she "stayed on top of things," in control of the situation. T. became increasingly angry which was more focused upon her husband. She was angry at him for not giving her respect; D. should have been more careful so as not to give her reason to be suspicious. She felt that her feelings of jealousy were D.'s fault; she blamed her husband for creating this situation. T. also believed that if D. and Y. wanted to see

each other, then they should have been more discreet about it.

T. became increasingly angry at her husband's and Y.'s sneaky behavior. T. tried to contain her frustration and anger, but she was unable to do so. She felt that she wanted to reach out and grab D., to stop D. from looking at Y. At one point when she saw D. and Y. make eye contact, she poked her husband in his side as hard as she could; she could no longer contain her anger so she gave D. what she felt that he deserved.

When her husband asked her what was wrong, T. would not answer him directly; she believed that she got her message across with her actions. T. felt that it was important that D. and Y. realized that she knew what was going on. She did not want to talk with her husband directly, however, since she believed that he would lie to her.

T. felt jealous as long as Y. was in sight. In order to control her husband and her jealousy, she eventually positioned herself and D. at their table so they could no longer see Y. T. was thus able to cloak her jealousy as Y. once again became a lady from their past, no longer a threat to her present or future. She was able to forget about Y.

Immediate Experience Following Intense Incident of Jealousy

T. never told her husband why she hit him in the nightclub as she did not want her husband to know that she was feeling

jealous; T. felt good about her actions. She believed that such a disclosure would have "only fed his little ego and hers;" it would have increased his power in their relationship, and she feared that telling D. about her jealousy would have brought D. and Y. closer together.

T. believed that if D. and Y. wanted to see each other, then she would be powerless to do anything about it. She did not want to worry about her husband seeing Y., but she was not going to let him be with Y. in her presence; she was not going to be disrespected. T. was thus able to avoid experiencing jealousy by staying in the dark about her husband's relationship with Y. She stated that in general she did not ask him about his relationships with other women, since that was something which she really did not want to know about; she had a fear of actually finding out the truth. She continued to distrust D., but as long as she did not see him and Y. together, she could live with her doubts.

T., however, remained ambivalent about their marriage. She continued to experience the same problems with D. which created within her the desire to leave D. She was, however, fearful of letting go of their marriage, of giving up all that she had built together with D. Even though she had these doubts, she did not talk to her husband about these doubts; she did not talk to her husband about these feelings. She also believed that she and D. still cared about and loved

each other or it would not have mattered to her when D. tried to make her jealous in the nightclub.

Individual Structure Male #3

Description of Marriage Before Experience of Jealousy

J. had previously experienced jealousy in his marriage when he found his wife in bed with a house guest. She explained to him that she was just going to kiss this man goodbye, but he definitely doubted her motives. He was angry at D., and he believed that he became less trusting of her after this incident. J. blamed his more recent experience of jealousy on this incident, but he also knew that he was not very trusting of people in general.

J. considered his wife as part of his territory or as a possession of his, and J. attempted to understand and justify his feelings of jealousy by comparing his experience to the territoriality of other mammals.

Immediate Past Before Intense Experience of Jealousy

J. became jealous one evening during a card game at their house when his wife showed an interest in a young male neighbor. His wife, D., was giving what he described as "high quality attention" to this younger man, W. J. felt that his wife was flirting with W., and he was envious that she was giving him this sort of attention which he felt that he did not receive from her. During the game, J. was threatened when his wife ignored him, as he believed that D. took him for granted.

He became angry at D.; his body became tense with his adrenalin pumping. When he decided to go to bed, his wife initially went with him. She decided, however, to return to the game since others were still playing. J. believed that the reason she wanted to continue to play was because of the neighbor. He still felt angry and tense as he went to bed, and it took him longer than usual to fall asleep that night.

The next morning J. accused his wife of flirting with W. As they discussed the episode of the previous evening, D. admitted that she had fantasized about being with W. J. again felt anger toward his wife, but he did not express his anger directly. Instead, he expressed his hostility through sarcastic comments. D.'s disclosure fueled his imagination which led to his becoming increasingly "irrational and paranoid." Even though his wife assured him that she was not going to act on her fantasies, his imagination begat feelings of jealousy as he was afraid of what might happen in the future. Also, during this time in their marriage, J. felt more dependent on his wife for his sense of security.

Intense Experience of Jealousy

After the initial episode of jealousy during the poker game, J. became increasingly suspicious. J. stated that there was not one particularly intense episode of jealousy, but he repeatedly experienced jealousy over a period of about a year

and a half concerning his wife's relationship with W.

As J. would drive home from work, he would begin to worry that his wife had been with W., and his worry would turn into anger at his wife by the time he reached home. J. stated that he would not feel jealous while he was at work, but he would come home and wonder what W. had done that day. J. felt that he became "very jealous" when he got home, and he would look for evidence of her affair with W., looking for evidence to justify his jealousy. He imagined that his wife had seen W. and this possibility awakened his doubt. He would become angry, and again he expressed his hostility toward D. with sarcastic comments, indirectly accusing his wife of being with W.; he would also quiz D. about her day. He had an intense need to know that his wife was not with W., and he needed the reassurance of her love. When D. became angry at J. for his suspicious behavior, J.'s jealousy would dissipate, at least temporarily, and he would make a concentrated effort to stop interrogating her. J. could not directly express his feelings of jealousy to D. since he felt embarrassed by them.

Immediate Past Following Intense Experience of Jealousy

J. described his experience of jealousy as a vicious cycle in which the more he would question his wife, the angrier she would become; he viewed it as a habit, a game which he would play in order to get the reassurance that D. was

not having an affair with W. Even though J.'s jealousy has dissipated some concerning D.'s relationship with W., J. realized that he still played a type of game with his wife to receive the reassurance of her love.

During this period of a year and a half, J. became increasingly angry at W. He became especially angry that W. parked his car on J.'s property. He felt like this was a violation of his territory; it showed a lack of respect for his boundaries. J. also believed that his wife was a part of his territory which he needed to watch over. J. particularly felt threatened by W. since D. had admitted being attracted to him. He also assumed that W. was an immoral person, and this assumption increased his fear that W. could be involved sexually with his wife.

Even though the thought that his wife would leave him for W. crossed J.'s mind, this threat of loss was never very real to him. When he considered this as a possibility, he knew that it was preposterous. J. was able to dismiss this concern, since he realized that his wife would not abandon their children, and he knew that W. was not the father type.

J.'s jealousy dissipated only after W. moved out of their neighborhood. He no longer parked on his property, and he was no longer physically present to stir his imagination. J. believed also that when he saw W. with his girlfriend, that this image helped to dissipate his feelings of jealousy. He also believed that he had become more trusting of his wife,

and J. felt that he was no longer as dependent on her. J. imagined, however, that if a similar incident occurred again, in which his wife paid attention to and was physically attracted to another man, then he would again experience jealousy. As long as he viewed his wife as part of his territory, J.'s jealousy could be easily awakened.

J. felt embarrassed about his jealousy; he was worried that it was irrational and that he was crazy to behave the way that he did. J. also was concerned that perhaps he was too possessive of his wife. He justified his experiences of jealousy, however, by considering his wife's past behavior and his own vivid imagination.

General Structure of Jealousy Within Marriage

What emerges from the individual structures is an experience of jealousy which involves three persons in a conflicted situation in which an individual's ideal of marriage and his or her self concept is threatened. This threat intrudes upon several different levels of experience for the individual which includes concerns about their marriage, the relationship with their partner, worry about the partner's relationship with another, a comparison with the other person in the jealous triangle, and finally, doubts about themselves including shame about their jealous feelings.

The background for the emergence of the experience of jealousy is an incongruence between the ideal of what their marriage should be like and the reality of their marriage. An individual's beliefs about how one should act in a marriage concerning relationships with others is in conflict with the reality of how these outside relationships are actually experienced within their marriage. This conflict may involve the limits or boundaries of their marriage, such as becoming sexually involved with another, or the conflict may be concerned with how one communicates to their partner about other relationships. This discrepancy, then, involves both their partner's behavior and their own. Female #2 believed that it was not right to limit her husband's relationships with others, but she found that to put this

principle "into practice and to live it was very hard." Her jealousy made her painfully aware of the conflict within herself between her idealized belief of desiring complete freedom for her partner and the reality of her experience. Similarly, Male #2 believed that he and his wife had open communication concerning relationships with others, but he was not able to live out this ideal. His jealousy was a sign that the lines were somehow tangled in the communication between himself and his wife.

Another aspect of the background for the emergence of an intense experience of jealousy within a marriage is a history of not being able to trust their partner with a particular individual. This lack of trust involves either a fear of being left by their partner or a fear that their partner is sexually involved with another. As one becomes threatened by their partner's relationship with another, there is a looking back to other times in their marriage when they believed their trust was broken by their partner. This history of a lack of trust from one's recent past within their marriage energizes the present experience of jealousy.

Jealousy, then, arises within an individual as their partner develops an actual or imagined relationship with another. Their partner's relationship with another creates a confusion or uncertainty about their marriage which is threatening to them. Because of their history of not being

able to trust their partner with a particular individual and from the unresolved conflict in their marriage about how one should handle other relationships, there is created within the individual a frustration or ambivalence about their marriage. The experience of jealousy awakens unfinished business, opens up unresolved wounds, which results in an ambivalence about their marriage within the individual experiencing jealousy. This ambivalence betrays their strong dissatisfaction with some aspect of their marriage, and their own desire to leave the marriage or become sexually involved with another.

The individual experiencing jealousy becomes increasingly concerned about what this other person in the triangle of jealousy means to their partner and what their partner means to this other individual. There is an intense desire to know about this other relationship, but also at times there is a fear of actually knowing the entire truth about this relationship. There is an ambivalence about knowing the entire truth about their partner's relationship with another which arises from a fear of having to take some kind of action if their partner had indeed broken their trust.

This concern about their partner's relationship with another then leads to a worry about the future of their marriage, a fear of loss of control of their marriage, and a questioning of who they are for their partner. The desire of Female #2 to be her husband's "lover, his mother, and his

counselor" was threatened by his relationship with another woman. Male #1 felt that at times he was his wife's "second husband."

The experience of jealousy has the capacity to awaken intense feelings of anger and/or rage within an individual toward their partner. For Male #3, his anger was indirectly expressed toward his wife in the form of sarcastic comments. For others, however, it was clear that their partner's relationship with another got them directly in touch with rage toward their partner. Female #1 felt repulsed by her husband as she had thoughts of killing him. Male #1 felt "crazy, like the incredible hulk...I wanted to destroy her." Female #2 said that she felt crazy, "nervous all over, unable to breath" during her intense experience of jealousy.

Individuals experiencing jealousy also report feeling cheated, ignored and disrespected by their partner. Within the triangle of jealousy, then, the individual envies their partner in that their partner's intimacy needs are being met while their own needs are not being satisfied. This envy is intensified by the belief that this other person does not deserve their partner's time or attention. Individuals also expressed the feeling that they were being disrespected by their partner. The manner in which their partner carried on their relationship with another person reflected a lack of respect by their partner toward them or a disrespect toward

the sanctity of their marriage.

Thoughts, fantasies and feelings about the other individual in the jealous triangle are also a part of the experience of jealousy. Male #3 fantasized that the young man whom his wife flirted with was an immoral person, and this assumption fueled his fear that his wife was sexually involved with this other man. There is an anger and dislike for the perceived rival; individuals experiencing jealousy resent this other person's intrusion into their marriage as they feel disrespected by them; the boundaries of their marriage have somehow been violated by this other individual. Within the experience of jealousy, there is a fear that they are being replaced by this other person.

An important element of the structure of jealousy is the comparison an individual makes between themselves and their perceived rival. The triangle of jealousy awakens a threatening sense of competition with the rival. Female #1 compared herself with her husband's boss and she imagined that "she was like this huge giant who was taking over everything." Similarly, Male #2 wondered what his imagined rival could offer his wife that he couldn't. Female #2, on the other hand, viewed her rival in a negative light as she was disgusted that this woman and her husband shared a cigarette; she was also repulsed by the way in which her rival danced. This comparison between the individual experiencing jealousy and the other person in the jealous

triangle illustrates again the envy which is a constituent of the general structure of jealousy. Even though the comparison may be conflicted, there is an underlying sense that the other person has something which the jealous individual desires.

The envy which is aroused by the comparison of oneself with the other in the jealous triangle leads then to doubts not only about one's position in their marriage, but this comparison also creates doubts about oneself. Female #1 compared herself with her perceived rival in the jealous triangle and she felt "intimidated and utterly lacking in self confidence...like a dumb yo yo." Male #2 asked himself "what is it that he has that I am lacking?" Female #2 compared herself to her husband's female friend and felt intimidated by her strength and sexuality.

As each participant experienced the intensity of jealousy, they initially could not directly express this experience to their partner; they felt ashamed of their jealousy and they attempted to control its expression. Male #2 felt silly about his jealousy since he believed that he was "supposed to be beyond that...mature and grown enough that a simple thing like a phone call from an ex wouldn't do it." Male #3 felt embarrassed by his jealousy as he believed that it was irrational and that he "behaved sort of crazily." Female #1 was also self-critical, and she experienced guilt

about her jealousy; at times she felt that her jealousy was a "bad, un-Christian thing." This repression adds more fuel to the inevitable explosion of jealousy.

The experience of jealousy gives the individual an opportunity to examine aspects both of themselves and their marriage which they do not like or experience ambivalence around; it sheds light upon their shadow side, thus allowing the individual to see the discrepancy between the idealized image and aspects of themselves and their marriage which they find difficult to acknowledge and accept. The experience of jealousy, then, has the potential to clarify an individual's values concerning their marriage, and it may serve as a catalyst for greater self-understanding.

Discussion

Jealousy is described by Freud (1959) as a threat to an individual which involves both the pain of losing one's loved object and the resulting loss of self esteem. Social psychologists (Pines & Aronson, 1983; White, 1981) in their more recent research also describe the complexity of jealousy in terms of such a dual threat to the individual. The general structure which emerges from this study confirms that the experience of jealousy involves a complex, dual threat to the individual which confronts an individual's beliefs and views about their marriage and themselves.

The results of this study indicate that the background for the experience of jealousy to emerge in marriage is an unresolved conflict caused by a discrepancy between an individual's ideal of how one should behave in a marriage and the reality of their experience. Jones (1948) also recognizes that an excessive dependency on ideals "underlies the greater part of jealousy" (pg. 333), and the greater the discrepancy between the ideal and the actual, the greater will be the resentment and jealousy. This discrepancy between an individual's ideal and the reality of their marriage as the background for jealousy which emerges in this study is similar to the views of system theorists (Margolin, 1982; Constatine, 1976) who point out the connection between an individual's values and sense of boundaries concerning

marriage and the experience of jealousy. Constatine (1976) states that "jealousy is often closely linked to the individual's definition and experience of these boundaries" (pg. 390). When an individual feels that the ideal boundaries of their marriage have been violated, jealousy will occur. This study indicates that the fear and threat of loss which an individual experiences in jealousy is not necessarily a fear that their partner will leave them for someone else, but it is the loss of one's ideal of how one should be in a marriage.

The result of this unresolved conflict between the ideal of marriage and the reality is an ambivalence about their marriage. Even though the overt actions of the participants in this study were those of controlling or wanting to possess the partner, jealousy betrays a dissatisfaction with their marriage and their own desire to make a change. For each participant, these feelings were too difficult to accept so they were projected onto one's partner. To fully understand jealousy, one must investigate what ambivalence or unacceptable impulse is being denied by the individual experiencing jealousy (Freud, 1959; Barker, 1987).

This ambivalence of the jealous individual is one aspect of the experience of jealousy which has not been well explored in recent research. Psychoanalytic writers (Jones, 1948; Schmideberg, 1953) have described jealousy as an expression of ambivalence, but they view this ambivalence as

the strong desire to be loved and the dread of it. Jones (1948) states that in jealousy there is "often a fear of being loved too greatly, a fear of having his personality possessed by the love object, which really means disapproved of. In this case, the cure would be worse than the disease" (pg. 337).

This study indicates that the issue of trust is another important aspect of jealousy within marriage; the issue of trust also has been neglected in recent research. This inability to trust can be either a more rational distrust based on the actual broken trust of one's partner (Ellis, 1977) or irrational as described by Iago in Shakespeare's Othello so that "trifles light as air are to the jealous confirmations strong as proofs of holy writ". In discussing jealousy and trust, Freud (1959) states that social conventions allow a certain latitude in how a married individual may relate to the opposite sex so that "the inevitable tendency to unfaithfulness will thus find a safety valve and be rendered innocuous" (pg. 234). Freud (1959) believes, however, that the individual possessed by jealousy can not "recognize the convention of tolerance" (pg. 234). Other researchers also recognize that what is missing in a marriage which is troubled by the fretting distrust of jealousy is a sense of playfulness and joking about relationships with others (Teisman, 1979; Seidenberg, 1957).

An individual experiencing jealousy is not able to trust their partner which involves either a fear of being left by their partner or a fear that the boundaries of their relationship have been violated. This mistrust then leads to a questioning of one's partner about the nature of their relationship with the other person involved in the triangle of jealousy. For each participant in this study, there was a strong desire to know what their partner was up to with this other person, but there was also a fear of knowing. This ambivalence of wanting to know and not wanting to know is also described by Evans (1975) in his discussion of the eye of jealousy. Evans (1975) states that the jealous individual does not really want to see clearly "for if the jealous man assuredly knew what was going on, he would have to take action - either realize that all his fears were foolish fancies; or, if his loved one were guilty, decide on what to do" (pg. 486).

The general structure of jealousy as described in this study reveals that the experience of jealousy confronts the individual with the question of who they are for their partner. This aspect of the experience of jealousy is similar to the findings of the phenomenological study of Ramm (1980). According to Ramm, the two basic issues of the experience of jealousy are who the subject is for the significant other, and who the significant other is for the subject, and the experience of jealousy then allows one to confront the

"inherent freedom of the significant other" (1980, pg. 107).

One of the most striking results of this study was the intense feelings of anger and/or rage which the experience of jealousy awakened within individuals toward their partner. It is not surprising that in recent evaluations of wife abuse, it was found that extreme jealousy was present in most of the husbands, ranging from 66 percent in some samples to over 95 percent in others (Barker, 1987). Part of this anger for the participants resulted from a discrepancy between what the individual expected from their partner and their actual behavior. Singer (1973), a Jungian analyst, describes the unconscious process where the expectations an individual has for their partner are determined by their image of the anima or animus which is projected onto their partner.

Unfortunately, as Singer (1973) points out "the expectations, whether positive or negative, are rarely consonant with the actual person who is invested with them" (pg. 245). Anger also resulted from the sense of feeling disrespected by their partner and/or the other person in the jealousy triangle.

Another important source of the rage which individuals experienced toward their partner is the envy which is an aspect of the general structure of jealousy. Participants in this study experiencing jealousy were envious that their partner's needs were being met by someone else and that their needs were not being met. They were envious that their

partner is sharing themselves, finding satisfaction in someone other than themselves. There was also an envy of the other person in the jealous triangle in that the individual experiencing jealousy compared themselves with the other person and found themselves lacking in some way. Other researchers (Speilman, 1971; Klein, 1975) have also found that within the triangle of jealousy, there is envy. Klein (1975) believes that jealousy is based on envy, and the rage which was described by the participants in this study suggests the oral-sadistic impulses discussed by Klein (1975) and other psychoanalytic writers (Fenichel, 1953; Reviere, 1932).

The experience of jealousy also reflected within participants doubts about oneself. Such self doubt has also been described by Sullivan (1956) and Reik (1949). This research indicates that the loss of self esteem is not simply the result of the possible loss of an important relationship, but it also comes primarily from the comparison an individual makes with the other in the jealous triangle. Participants compared themselves with the imagined rival and they found themselves lacking in some way; their tenuous self esteem was threatened. Reik (1949) states that "jealousy does not originate in external circumstances, but depends upon lack of self confidence and self esteem" (pg. 181).

The final structural component of the experience of jealousy revealed in this study is the shame which one feels about their jealousy. Each participant experienced shame as

they were confronted with an aspect of themselves which they found difficult to incorporate into their self concept. This disowned part of themselves may be, for example, an intense rage toward their partner, an inability to trust their partner, or a possessiveness of their partner. Some (Klein, 1957; Friday, 1985) believe that the intense shame or guilt that individuals experience around their jealousy is a sign that there is an underlying envy which is even more unacceptable to the individual.

Because of the shame individuals experience about their jealousy, it is important for therapists to provide a safe, non-judgemental atmosphere where individuals may openly express their jealousy. Such a value free orientation by the therapist will help relax the defense mechanisms of denial, repression and projection which are often involved in the experience of jealousy (Francis, 1977). Initially, when working with individuals or couples, it may be helpful for the therapist to communicate to clients that jealousy is intrinsically neither good or bad, healthy or unhealthy, and the therapist can stress to the client that jealousy is a good opportunity for increased self understanding as it provides a window into the dynamics of an individual's relationship with others. As Rock (1983) states, "jealousy is jealousy. It is neither good nor bad. It simply is, and it is an opportunity" (pg. 75).

Even though the focus of this study is on the jealous individual, it does reveal that the experience of jealousy involves both partners. Jealousy can reveal important dynamics in a marriage. As Margolin (1982) states "jealousy crises tend to reverberate to the very core of a relationship" (pg. 485). An individual becomes jealous when their ideal of marriage has somehow been violated. Jealousy then can be viewed as a warning signal to the couple that their values and assumptions about their relationship need to be clarified and worked through; that the implicit contract of their marriage needs to be renegotiated (Constatine, 1976). In working with couples, it is important that the therapist clarify the assumptions, values and expectations each partner holds about their marriage.

In order to help individuals better understand each other's expectations, Barker (1987) encourages therapists to use a role reversal technique. In this technique, each partner is to remember a jealousy based incident which led to an argument; each partner then pretends to be the other, both as their partner actually behaved in the argument and how they believe their partner should have acted. Barker (1987) also points out that individuals experiencing jealousy often argue about their partner's unacceptable behavior without communicating to their partner directly what they want or expect from them. In order to resolve the conflict in a marriage caused by jealousy, it is essential that each

partner communicate directly their needs and expectations to each other.

The experience of jealousy can reveal important dynamics between partners in a marriage, but it can also be a window into the individual's psyche. Jealousy reveals to the individual aspects of themselves which they find difficult to acknowledge and accept. This study reveals that individuals experience shame around several aspects of their jealousy: their intense anger, their inability to trust their partner, their possessiveness, and their envy of their partner or perceived rival. The experience of jealousy offers the individual an opportunity to work on these difficult self esteem issues, and the resolution of jealousy depends on how much of this shadow material can be accepted and integrated into an individual's self concept.

Since the context or situation is important in understanding the experience of jealousy (Bringle, Renner, Terry, & Davis, 1983), further research should examine other situations in a marriage which evoke the experience of jealousy. This study focused on the jealous triangle in which one's partner develops a real or imagined relationship with someone of the opposite sex, but there are certainly other threatening situations within a marriage which evoke jealousy. Time that one's partner spends with same sex friends, with their family of origin, or with their spouse

and children from a previous marriage would be fruitful areas of research. Also, in order to better understand the dynamics of a jealous marriage, it would be helpful to interview the partner of the individual experiencing jealousy. Finally, because of the complexity of jealousy and the importance of the meaning each individual gives to the expression of their jealousy, I would encourage researchers to use a qualitative method in order to fully explore the richness of its experience.

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APPENDIX

WRITTEN DESCRIPTION: FEMALE #1

My husband stayed out late after work without calling to let me know where he was or when to expect him home. I was awakened at 2:00 a.m. by a phone call from the husband of my husband's boss. He was looking for his wife whom he had last seen around 9:00 p.m. when he left her and my husband finishing up drinks in a bar. His wife was to follow him home shortly in her car but had still not shown up. He wondered if M. was home yet. The implied meaning behind his words was that our spouses were obviously still together, and judging from the time and situation it appeared you could guess at what was going on. I was embarrassed during the phone call, not knowing what to say. I had been experiencing jealousy over my husband and his boss's relationship and this situation reinforced the jealousy. I could not believe that my husband could be so selfish, rude and inconsiderate about not calling or showing up at home after work. But for me to find out this way where he had been was the lowest blow of all. I had felt intimidated and lacking self-confidence whenever I compared myself to his boss and those feelings were reinforced. My self-esteem hit the bottom. As I waited for him to return home, I felt angrier and angrier until all my anger focused on my husband. I was confused at what could possibly motivate him to do something like this which would

so obviously hurt me. I wanted to throw him out so he could freely have whatever kind of relationship he wanted with his boss - I just wanted him gone so I could avoid hurt and anger. When he returned home (about 45 minutes after the phone call) I immediately lashed out accusing him of being with his boss and telling him to get out and go back to wherever he had been with her. I continued yelling and screaming about how he hurt me and how selfish he was. He did not respond except to tell me he had been working with his boss at the office and did not want to discuss this situation until the next day. Our communication ceased for days afterward. We were only able to discuss this along with other problems during our marriage counseling. Most of my anger centered on my husband's irresponsible, hurtful actions toward me. But I felt intense dislike and jealousy toward his boss who I felt encouraged his dependent attitude toward her. Even today I try to avoid being around her because I have no respect for her as a person.

INTERVIEW: FEMALE #1

Interviewer: If you could start reading it, I'll ask you questions as we go through it.

Participant: My husband stayed out late after work without calling to let me know where he was or when to expect him home. I was awakened at 2:00 by a call from the husband of my husband's boss. He was looking for his wife who he had last seen around 9:00 p.m., when he left her and my husband finishing a drink in a bar. His wife was to follow him shortly in her car but had still not shown up. He wondered if M. was home. The implied meaning behind his words was that our spouses were obviously still together, and judging from the time and the situation it appeared you could guess at what was going on.

I: What did you guess was going on?

P: From this fellow's tone of voice and the phrases that he was using, he was obviously very upset. And there had been a very obvious relationship as far as friends, and observing it you could have thought it could have gone past friendship. Because they seemed to have a little inside jokes together and really got along well together. And he had also been very

jealous. Work related jealousy, and then my husband entering into the scene. So he didn't like M. and K. getting along well at all in any aspect professionally or personally, because I feel like he felt threatened. So, he was always making statements and innuendos whenever we would ever be together like at a party or out at a bar. So I think the purpose of him calling me was not really to know if M. was home yet, but to get me drawn into it as far as getting upset about K. and M. being together. I never discussed anything with him and every time he would try to bring anything about M. and K., I just wouldn't respond to him. I didn't want to get involved in any kind of discussion with him. So I think what he was trying to do was build a fire under me about M. and to get doubts and thoughts in my head, which obviously it did. Yeah, it worked it got me very upset because at this time I was very jealous of the relationship M. had been establishing with K. Because it seemed like he was edging me totally out of his life period. And there was a background that M. had told me previously about another relationship he had had at college when he was finishing up his last year. He was living with a girl and when he went to work he told me that that girl just didn't work into this new environment, and they broke up. He just couldn't work that girl into all the people he was meeting and the new lifestyle he was establishing going from student to full time professional.

She just didn't fit in, and that broke up their relationship.

I: So you felt like the same thing was happening with you?

P: In my mind I thought that was the same thing that was going to happen to me. New environment, new problems - he was feeling alive, dynamic. Where he and I had both worked, he had felt very stifled and unhappy and we had known the same people there, and now all of a sudden he was breaking out of that clique into a whole new clique and leaving me behind. So in my mind I was thinking this is a total repeat of what he had described to me...I was his next serious relationship and of course we wound up being married. So I was thinking this is just going to be a carbon copy of what happened before. So I was thinking all this anyway, and then getting very jealous of him becoming involved with his boss. And K. seemed very drawn to M. They seemed to just hit it off from the beginning...she was very professionally oriented, totally professionally oriented which I was not as professionally oriented.

I: You had mentioned that you were thinking about that you wanted to have a family.

P: I wanted to have a family, and he knew I wanted to have a

family and he wanted to have a family but he kept saying not yet, not yet and he was drawn to her type of personality, the total career professional personality. And plus she was a higher level than him and was in with the right political group and had a very good reputation. So it was not hurting him to be associated with her in the new environment that he was in. And it helped his insecurity in getting him into a clique there. And at one point I approached him and said what is going on with you and K., she's calling here, you're having these long conversations, you're out working late with her, you travel together, what is going on? And he was saying, she's just meeting my needs in a professional sense. And the problem was that any of his personal needs kind of just got shelved, because he was so gung ho...everything was concentrated on the job. He would not come home until 1:00 or 2:00 in the morning, he'd be at the office or he'd be out with her and they would be talking business, but I know there was some personal interchange there too. I never really thought there was a sexual thing between them. I felt that there was just this bond...she was helping him along because she liked the dependency of him and he was making her feel good, being his mentor. And of course he was getting everything he needed from her in the workplace. And he was so involved in the workplace, and I was just being totally left out on the sidelines.

I: When did this happen?

P: He went in July, and this happened the following February. So all the way through the first few months there, he was beginning to get involved with K. And the conversations on the phone were starting, and the business trips were starting then in March and April. And this just happened about 8 months after he had gotten involved in the new job. And I had met K. and her husband several times and had been around them and had noticed. And it was very obvious to a lot of different people. A lot of comments came back to me about what was going on between M. and K. and of course...I don't know what's going on between M. and K.

I: You had a fear that...

P: I felt just totally insignificant, totally unimportant in the realm of everything that was going on in M.'s life. I just felt like he had just left me behind, had just moved on, and here I was still where he had left me behind. I'm still with the same company, still with the same group of friends. Our personal friends he had totally dropped, any association we had with anybody he just totally dropped everything out of his life. I was part of what got dropped, so I was very

resentful, very suspicious. I would sometimes be thinking what are they doing now? He hasn't called, he's not home, it's 7:00, is he going to come home or is it going to be another one of the nights he's not going to come home. This started a few months after he went there. And by this time frame it could have been anything that could have happened and I would have thought, this is it, he's going to leave me, he's going to go with K., P. knows the same thing, K.'s going to go with M. I was just waiting for something like this to happen. I just knew it was just a matter of days before something like this was going to happen. And sure enough it did. So when he called all the meaning behind his words, he didn't come right out and say I think your husband and my wife have an affair going on and they're out someplace. He didn't come right out and say it but you knew...So I got very embarrassed. I didn't know what to say to him. I was embarrassed during the phone call, not knowing what to say. I had been experiencing jealousy over my husband and his boss' relationship, and this situation reinforced my jealousy. I could not believe my husband could be so selfish, rude or inconsiderate about not calling or showing up at home after work. But for me to find out this way where he had been was the lowest blow of all. I had felt intimidated and lacking self-confidence whenever I compared myself to his boss, and those feelings of intimidation and no self-confidence were reinforced. My self

esteem hit the bottom.

I: Can you say more about that comparison?

P: Again, her whole approach whenever I was around her, and I had only been around her at work oriented functions. So I really don't know her outside the business frame of content. But she was always the political one, working the room, getting involved with the higher levels, talking to them and kind of dragging my husband along. And I didn't know anyone at any of these parties and I was like who are these people? And I would feel left out and then comparing me and her, it seemed she exuded all this self-confidence, political know-how, personality and business understanding. And there I was sitting there like a dumb yo yo. And it seemed to me that no matter how much I could relate back to where I was in my profession, how successful I was, comparing me to her it always seemed like I came up real short. And then M. depending on her reinforced that with me, because he would never discuss with me any of his business information or potential for this job or feedback he got on how he was doing. I had no knowledge of his environment at all. He never even told me who people were or how...he never wanted to talk about business when he would be home with me, and his reason he gave me was I deal with it so many hours a day and I don't want to

come home and talk about it. I just don't. I think he wanted to draw a line because we had been so together working at the same company, and we just knew everything about each other. And I think this was his independence. He got away; he got into an area I knew nothing about so he could have his identity and his independence in that environment. And then when he'd come home he didn't want to share that with me, because that would be encroaching into that area that he had staked out.

I: Was that part OK, that he was going someplace different?

P: I wanted him to go someplace different. I didn't enjoy us working at the same place. I felt that there were a lot of pluses and minuses, and he had not established a real good reputation with a lot of different people at the company because he was very unhappy working there. He didn't feel challenged, and that came across and it made me feel like I was put into a bad light if I'd go into a meeting and people would associate my name with his name and they would be expecting the same type of reaction out of me that they would get out of him. So I kind of felt like it would be better if we had two completely different work areas. So I was happy when he got the job offer, because I knew he was miserable and I thought that impacted our marriage negatively. I thought

this would be a good opportunity to correct all of these problem areas. So I was real excited. In fact I was the one...he was very unsure of accepting the job offer and I told him go for it; it sounds really good. And then when he did, it worked out OK for the first month cuz he would come home and he would say, gee I don't know what's going on and he would share it with me. But once he latched on to K., he started working for her about a month after he went to work, and he latched on to her and it was like she replaced everything about me and he was going to her with everything instead of coming to me. She's one of those nurturing types with the relationship between subordinate and boss. She's a very good boss in the way she tries to do a lot of development with her subordinates. But they just kind of just cliqued more so than I would feel with other people that worked for her, and there was never any type of relationship like that. I started picking up on that and comparing me to K. Although I knew I was very successful and I knew I had a lot of intelligence, and I knew all these things intellectually. But emotionally I'd get in the same room with her, and I would feel like I was just about this big and she was this huge giant who was taking over everything. And I knew my husband just looked at her in a much more professional sense than he had ever looked at me. It was like K. was a professional, and I was just playing at being a professional.

I: It sounds like there was some envy, like you envied her too.

P: I envied the fact that it seemed so easy to her. And it seemed like she knew just exactly what she was doing, and she was one of the very few women managers. She was in a competitive environment, had risen to the top, and had succeeded and was one of the very few females in a very male dominated environment. And it made me think could I make it there. And I always felt like she was the type that plotted that she was going to be where she was, where I felt like I was the type that just fell into what I fell into. So I had these comparisons that always had me coming up short. And so then the envy of her and the anger about how M. was cliquing and depending on her. It all just evolved into where he would just mention her name or I would pick the phone up and it would be her, and I would just want to hang up and say leave us alone. Another thing over the phone calls she would call, and she knew me, and I knew her but she would never say Hi D., how are you? She would just say, Is M. there? And I knew it was K. Just completely ignored that I existed. I got to the point where I would say, Is this K.? And she'd say yes, how are you? Just say I am a person, I am here. I would get so angry over the phone calls, and a lot of times they were

purely business. Because M. would take them right in the kitchen, so I could hear. And other times they would lead to intimate friendship type conversations. I heard everything, it was kind of like it's up here and it's above board and I hear it and I heard it. But the way I felt was, why are you talking to this person?

I: You said here...as I waited for him to return I felt angrier and angrier, who was that directed toward?

P: It was mostly directed toward M. At this time, at this particular incident all the feelings toward K. just kind of dissipated and I was just angrier toward M. for allowing this to happen. It was all because he let this happen. He was the reason all of this was going on. Although I felt that K. had been manipulative, and I felt K. was feeding it and I was jealous and envious of K. At this particular situation, I didn't sit down and moan and groan about comparing myself to K. I just got really angry at M. for being the way he was. So I felt angry and all my anger was focused on my husband.

I: What was that about, the anger?

P: That he would replace me with somebody else. That he would share all of his feelings and thoughts with this person

who was just someone in his workplace. Was not I the one he had taken the vows to live with, and make a life with. I felt that my position was being usurped because he wanted this attachment with her. Because it was so important to him. And it made me angry and confused because I didn't understand why that would be so important to him. So it confused me as to what could possibly motivate him to do something like this which would so obviously hurt me. I wanted to throw him out so he could freely have whatever kind of relationship he wanted with his boss. And I wanted him gone so I could avoid the hurt and anger. I was thinking this after the phone call woke me up. I had gone to bed at about 11:00 or 11:30, a normal time because I figured it was going to be another one of those nights. And while I was waiting for him to come home, I was thinking these thoughts. So when he did finally get home, although I had intellectually figured out how I was going to handle it, the minute he walked into the bedroom it was out the window and I was screaming and yelling and lashing out at him. And I told him to go out and go back to wherever he had been with her. And I yelled and screamed about how he hurt me and how selfish he was. He didn't respond except to tell me that he had been working with his boss at the office, and didn't want to discuss the situation until the next day.

I: What happened next?

P: I just got furious. But he's the type of person when it's obvious he's not going to have a communication with you, I could sit and scream and yell, until I was blue in the face and he would turn over and go to sleep. He's very methodical and logical, he doesn't respond back emotionally, so when we get into these interchanges, the more I scream and yell the more worked up I get.

I: You were worked up. How was your body feeling?

P: My stomach was upset, nauseated, headache, just physically as sick as I mentally felt. And I would just get myself so worked up, and I would want to just lash out and hit and just get rid of this anger. And he was the object of the anger, so therefore I wanted to get rid of it onto him. Any time we would get into these situations, I would get into a screaming match like that and a couple of times I did hit on his shoulder just to try to get his attention. In this situation I didn't. He obviously was like, I'm not going to talk about it. So I thought, here I have been up for about 45 minutes getting this all built up and ready to just sock you the minute you walk in the door. And here you just calmly undress and calmly get in the bed and say you didn't do anything wrong, we'll talk about it in the morning, I was just

working, it was no big deal. So I just figured forget it. Ok, we'll talk about it in the morning. Of course, I didn't sleep the rest of the night, I was just laying next to him saying I'm going to kill this man. I was just sitting there dreaming all these things...I'm just going to throw him out of bed, I'm going to throw him out of this house, he's going to come home tomorrow night and his suitcase is going to be packed. All of these totally irrational thoughts. Intellectually you think, I'm going to be contained, I'm going to handle it this way, this is exactly what I'm going to say. And then the minute the confrontation starts I just lost it. I was just furious. And I told him her husband had called, and how embarrassed I was about him calling. He said anybody would know nothing's going on between K. and me. So, he just didn't respond. My intent was, I'm just not going to speak to him. I'm just going to totally ignore him, the way he totally ignores me. And so we went for days after that without even any communication. Because I had always been the one who had started the communication. And he was pretty unhappy in the marriage at that time, and I was becoming increasingly unhappy, ready just to say OK this isn't working, we're just going to divorce court and get it over with. I'm tired of this, forget it. You can shut me out so effectively with a job change, what's the point of continuing with it.

I: You said also your friends had mentioned that they were having an affair.

P: My friends never came out and said K. and M. are having an affair. But the few times we were together with some of our personal friends that didn't work at either of our companies, just people we had known from college or different friendships, he would always want to call and ask K. and her husband, P., to join us. And I'd say, OK, great. So one night we went to a nightclub and there were some friends there and the entire evening between the acts and everything K. and M. were just yakking along. It was all business stuff, just talked and talked, and P. was sitting there totally left out. I was totally left out, and all of our friends who knew nothing of their business and could care less were totally left out. It was obvious that there was this very deep rapport between M. and K. And so after that the next few days my friends would call saying, what's going on? Who is this girl? None of them liked her. They immediately were turned off by her because she was so contained in her conversation with M. She wasn't friendly. She wasn't asking anything about any of them. She was just totally talking to M. So anytime we would have any type of get together, go to any parties or any type of social encounter, and they would be there, it would be the same thing, a repeated pattern. And so

people asked me, how can you stand this? What's going on? Why do they only talk to each other? Who do they think they are? And I would say, I know. I don't know what to do about this. He's very involved in this girl, and I don't know what she has that has such a hold on him. But evidently he feels all his needs are being met with everything he's doing with her. So that reinforced in me that it was not all my imagination about what was going on. I am very emotional and very expressive and sometimes when something happens I have a tendency I can blow it way out of proportion. And with this particular situation, M. kept saying, you're blowing it way out of proportion. Nothing happened. We're not involved sexually, we're not involved emotionally. It's just purely a work relationship. She's helping me out. She's a great boss. We have a terrific rapport in the office.

I: But you didn't buy all that?

P: I felt like he felt things he couldn't get from me he was getting from her. She understood him better than I could understand him. That was what I was thinking he was putting her in my place because things he would confide in her about his insecurities. What do I need to do better at my job, personal feedback that he would want from her, I would think he should be talking to me about it. What can I do, I feel

real uncomfortable about this situation or that situation, but he would not discuss anything with me. And I don't think he wanted to. I don't think he wanted me to think he had switched jobs, and he was a failure in this environment, too. Like he had failed in the other environment where we both were together, and I was doing much better than him. And there he goes to another environment, and if there were any problems I don't think he would want to tell me, because that way I could say, well you know you had the same problem. He found a person who was willing to become everything to him. I don't know what was going on between K. and P. To this day I still don't, and there might have been a reason that she needed from M. what he needed from her. I don't really know, but it just seemed like that they were feeding each other. And it was just working very well for them and very poorly for P. and me.

I: Did you mention you didn't think there was sex involved.

P: I started marriage counseling a couple of months after M. went to his new job because there were other things in our marriage that I had been upset about. And M. went with me to some joint counseling, and then he started going to some counseling on his own and just from different problems we had had in the marriage. When we had our relationship before the marriage and then when we got married, there was just a

complete turnabout of everything between the two of us. M. completely became nonintimate the day we got married. It started on our honeymoon. It was like he had a very hard time adjusting to the fact that he was married. He wore his wedding ring like for two days on the honeymoon, and then he said that it bothered him and couldn't stand to wear rings. And he took it off, and he just won't wear it. And sexually we had our problems. He would prefer to stay up late and make sure I was asleep and then come to bed. And he's very project oriented, very methodical, very productivity oriented. And so we got into the house and we had a lot of things we wanted to do in the house. And so he would pick a project after a project after a project, come home from the office at 6:00, work on the project until 1:00 or 2:00 in the morning, and I would be what's going on here? And when I got into counseling to understand...we were looking back at what was it like when we were dating, what was it like when we got married and it was two totally different relationships. And he obviously had a hard time adjusting to the fact that he wasn't totally independent anymore, that he couldn't come and go as he pleased, that he had a wife now, responsibilities, it just wasn't the same as when we dated. We never lived together, but we spent time at each other's apartments practically like we were living together. But it still wasn't the same. I think he had a real hard time adjusting. And we'd only been

married a year and a half when he changed jobs. But this compounded all of the other things that had been going on. And of course throwing himself into this job and this relationship with K. There was just nothing leftover - there was just a tiny bit anyway, but now there was nothing. In trying to understand what was going on, I decided to go to counseling. Either that or just get divorced, period. So I said, before I just give up on this, I had a relationship with this guy for four years while we were dating, and we had been married a year. I didn't just want to walk away. I'm going to go to counseling. So we did that for a year and it really helped a lot. And during that time, all this was going on with K. And I brought it up in all the counseling sessions trying to understand. And through the counselor's interpretation of what was going on with M., of course that all being confidential between them. But he would provide some feedback, he felt like that there wasn't anything sexual. It was more of an emotional dependence on her where he didn't have to culminate in a sexual act; he got all his needs met in an emotional basis with K., and so therefore there wasn't anything left over for me. There wasn't a sexual drive for me, there wasn't an emotional dependency for me, there wasn't anything left over for me. So he and M. were working through some of M.'s difficulties and problems. And really the root of a lot of it was the fact of adjusting to a team, where he

had been so independent before. He had been on his own since he was 21 and he was 36 when we got married. So that's 15 years of being totally on his own. He didn't have that many ties, he just could do whatever he wanted to do whenever he wanted to do it. And now all of a sudden that changed completely and he just couldn't handle it. He didn't know what to do with this person who was always going to be there.

I: So it wasn't really so much the sexual part that you were fearing?

P: No, it wasn't the sexual part, I was just mad as all get out. I was just furious that he could put me in such a position where P. would call and embarrass me. I felt like I was so unimportant to him that he didn't even give me a thought as to how this was going to come across to me whatsoever. I was really not more jealous of K. I was more jealous of M.'s complete capability of drawing into his shell and just being totally self-centered in himself and nurturing that on himself. And I was thinking, how can you do this? I don't understand how you can be so self-sufficient, and just blot out something as good as you can. He was just excellent at that. Just totally behind this iron curtain, and he didn't want to cross over, and he didn't want you to cross over. So I was really angrier more at how he just didn't seem to care about my feelings and how rude he could be and inconsiderate

he could be and it would just devastate me that I could be treated that way. I had never been around anyone that could do anything like that to me before. So I just didn't know how to deal with it. The jealousy with K., although I still have jealous feelings today of K. because they still have this wonderful rapport and I think - when I'm around her I still find myself falling short in these comparisons with her. And I still find all of the memories of what happened before still bubble up and I can easily focus on her and say she was the whole problem. But I know she wasn't. You can be so irrational at times.

I: Where is your jealousy with her now when you see her?

P: Well, number one I would prefer not to see her. I would much prefer to not have any relationship whatsoever, but of course at parties and such we're always going to run into them. She has changed and I don't know why. But now when she calls him she'll have a conversation with me. She'll say, Hi, how are you? And she'll talk and that started about a year ago. So I don't know if M. said something to her that it really keyed me off that she was very impersonal with me. Or maybe her need for M. diminished so she didn't feel threatened by me anymore, so now she could acknowledge the fact that I existed. I'm not real sure what happened but there was a

definite change. And she's now talking to me and having conversations with me, and so that makes me feel like she's a little bit more human. And she's been real sweet since our baby's been born. She's sent several presents to R., our son, and always asks about R. And I think that's nice. And she was very involved in getting M. a trip to New York City. And of course we go to New York and who's staying two doors down from us but K. - I'm going, God this is never going to end. But she was real nice and everything. I think maybe at the time she and P maybe had been having problems and she was finding solace in M., and M. was finding what he needed in her. I'm not really sure. It hasn't been but very recently that she has seemed to look at me like a person. And of course that makes me feel better now when I'm around her, cuz I feel like she is really acknowledging me.

I: You don't feel so threatened by her?

P: I don't feel like I'm part of the woodwork like I felt before at parties and such. Several other wives of other people didn't like her either. And it was funny because some comments would come to me at parties and they would say, she just makes me sick - meaning K. - and that made me feel a little better too. Because I thought that it wasn't all me, and maybe people do see the same things about her that I see.

If I had not been having other problems and this situation had happened I probably would have jumped to the complete conclusion that they were having an affair. But because other things had been happening in our marriage, I really didn't think they were having a sexual affair. But I couldn't believe that they were doing this without thinking what we were going to think. For heaven sake! And then I started thinking these perverted thoughts, like maybe this is what they want us to think. You know, maybe they're sitting there plotting well, P. is going to be thinking and D.'s going to be thinking this way. And then I thought, no he wouldn't be doing that. So I thought, maybe K. is doing it. Maybe K. is really trying to cause more trouble, and I don't think M. ever would have told K. about our problems because M. is pretty self-contained. He does not confide in hardly anyone. In fact, his parents didn't even know we were having trouble. And in fact I didn't think he would tell K., and I wouldn't think K. would add more fuel to the fire. But when you're at home in a situation and they're out and you're thinking what is going on. And so the more I thought about it, the more I thought it was M.'s fault. Instead of making me even more jealous of K., I just focused in on M. and K. probably doesn't even know what is going on. It's all his fault, he's just rude and inconsiderate, unloving, I had a whole long list. I didn't need a dictionary to help me that night. The jealousy

with K. it still is there. I guess a lot of the memories keep coming up when I'm around her of that whole time and the fact that she treated me so rudely by not even acknowledging I was around, and the fact that M. found so many good characteristics and qualities in her.

I: Do you still feel angry at him?

P: No, not really. And now it's shifted more towards her. At that point in time it was all him. And now in after thought and being around her now and a couple of years after all this has happened, I really to this day don't like her.

I: It sounds like you trust him more now?

P: Right. And now I don't see...there's not these long phone calls anymore, and he doesn't work for her anymore, which helps, too. They work in the same area but she is not his immediate boss. So they don't have a lot of business trips together anymore either. So I find myself thinking, What if he ever works for her again? Is this all going to repeat again? Does she have such a hold on him that I'm going to have this whole problem happen all over again or is it really because of other things that happened and she just happened to be there. Or did she make everything else worse?

And I don't know. So I have those qualms about as long as they both stay working there, and she stays a level ahead of him and there's a possibility in the organization that he'd end up working for her again. I'm thinking threatening thoughts. Am I going to have this whole thing happen to me again where he's going to latch on to her totally again. So I'm not real sure that everything between them was a circumstance of the situation or everything that was happening between M. and me anyway. So I guess I'll just have to see if that happens again. But again, he's not working for her. So, I'm not too sure where the attachment is. The guy he's working for now he is real good friends with, but there's not that dependency like he had with K.

I: Well it sounds like you said that at that point in your marriage you were having other difficulties so...

P: I think it's helped working for someone else too because he is looking at K. now, it sounds terrible, like adversarial positions. You know how when you get into different groups and you have different objectives and then all of a sudden you're working across lines from this group when he had once been in that group. He is getting a different perspective of the way she does things and the way decisions are made and the way the end result is reached. And he has expressed to me a

couple of times some criticisms of her, which I couldn't believe because before she was just like she could make no mistakes. But he has seen a couple of manipulative things that she has done, so I'm hoping of he does have to go back and work for her that he will not go with such a biased view of her. That he will see her in a more realistic light.

I: Well, it sounds like at that point he spent so much time at work and the fact that you have a child now too that he would not want to do that.

P: But the other things that concern me about comparing myself to her is that now I'm not even in the workplace at all. I've decided to stay at home for the next few years with R. I feel really good about it...Well, it depends on what day you ask me. Some days I feel really good about it, and other days I really miss the workplace.

I: That kind of fuels it too, she's still doing this...

P: And I think now if he goes back and works for her, he's really going to see her in this wonderful light. Where I'm going to be looked at as the typical dumbbell housewife. And I think that bothers me, too. I think every time I'm around her

there's something else that comes up and a lot of it seems to me when I discount everything that was going on with M. and me. And I just focus in on her. And even if they had just started out as really good friends, I think I would still be threatened by her. I think there's something about her that just threatens me, and I think it's embedded in my self-esteem. I just look at her, and I see where things just seem so much easier for her. And I know how hard it was for me in a professional area. And when I compare I just always seem like I'm coming up short. And so when I hear him say good things about her, I think to myself yeah, what you're really saying is bad things about me. And I think a lot of the jealousy of her...I think if we had just all four gone out to dinner, and he had said this is a person I work with. I think I would have had these feelings about her anyway, because I would have felt he felt highly of her. And that again makes me feel that he thinks lowly of me. In counseling we talked about that a lot being rooted in self-esteem and different ways that you have views of yourself and sometimes where you end up is not the view you had of yourself when you were a child. When I was growing up you think of some guy on a white horse is going to come and marry and support you. And you think about career as a secondary option. Nowadays kids aren't raised that way. That's how I was raised. In that environment when girls got together, we didn't talk about what we were going to be.

We talked about the guy we were going to marry, and how many kids we were going to have. And somehow she seems like she escaped that. Although I have no earthly idea how she got where she got, and what she came through to get there.

I: You said you have no respect for her as a person though.

P: The reason I feel that way is the way that I see her with her husband...I don't approve of...her husband just looks to me like one of these henpecked husbands. She's always taking care of P. and that's one area of conflict between M. and her; especially more so now that he doesn't work for her. She's manipulative, and I think she's very domineering and just observing her relationship with P. and observing how she treated M. as a subordinate. She seemed to want to encroach and control and bring it all in to where she could say do this, do this. And these people would just go...And I'm not sure how straightforward she is. I'm not sure when I'm around her, and I'll see her do things that are just purely in a political nature.

I: You don't really trust her.

P: No. That was what I was trying to explain to M. Because even before the rapport was so entrenched between the two of them. Before he even went to work with her and I met her at a

couple of parties and I observed her and I thought, this person could be trouble. And I was trying to explain to M. And I said you need to work at politics in the business world. You need to stake out who's going to help you and who's going to hurt you. And try to work the things the way you can work them. But you better watch out for her because she'll help you when it's helping her. But she's not going to help you when it's not helping her. And of course he just thought she was great and wonderful. I think he wanted to be more like her because he didn't have a lot of those skills. He has developed them - more of a marketer type of personality...M. was always very closed in and not real good at working with people, very self-independent type. And getting thrown into this competitive environment where you have to work with people, customers, clients, people in the company. He wasn't real good at it, and he tried consciously to improve. And she helped. I have to admit she did help him see how he could help him find things in himself that said, yeah, I can be this way. And today he's a great negotiator, he's really learned well. But he had to be taught. It didn't come naturally to him. So she did some good. But I just didn't trust her. And I'd keep trying to tell him that. And I think he's beginning to see a little bit of how she plays the game. And I think he's beginning to see her in a more realistic light than before. I think before she was just everything he wanted to

be and didn't know how. And now I think he feels a little bit more to her level, so he's not so blinded by everything. I hope. At least it appears that way. That may be why she's started to acknowledge me, because I think she might realize she doesn't have a total grasp on him anymore. We're equals now. Sometimes I still don't know. Like in New York City. I was wondering there. She was so insistent and helpful in us getting this trip and even got the travel agent to make the arrangements. And we end up being two doors down from her in the hotel. And I'm thinking, why was it so important for her for M. to be here? But we didn't spend that much time with her, so the whole situation left a big question mark in my mind. I still don't know what she was getting. And then there was a reason behind all that. And one of these days it's going fall out and I'm going to say, Ah ha that's why she helped us to get to New York. So I guess I am still very suspicious of her. I don't want to be.

I: One question I'm asking participants is how they feel about their jealousy.

P: Sometimes my jealousy makes me feel really good. It's some feeling that you have and you know what the feeling is. And therefore you feel good that you know that you're feeling this way and focused on this person and you know these are the

reasons. And then you think it's bad, you're not supposed to have feelings of jealousy. This is a very unChristian thing to have. This is a very immoral thing to have and you're not supposed to feel this way. You've got to forgive this person, you've got to forgive yourself, and then you feel bad about yourself. You feel guilty that you have these jealous feelings. It depends on which day and whether I'm more into my feelings. If I'm more into my little self-pitying feelings, I feel really good that I have these jealous feelings. And then if I have a day that I'm feeling really positive and optimistic, then I feel really guilty that I have these jealous feelings because I want everybody in the world to be happy and get along and do the right, good, moral thing. And here I am holding this horrible grudge.

I: So you think jealousy is immoral?

P: It's not right, you shouldn't feel it. That's what I think in part of me. It's something wrong with you. This person has no bearing on you - they wouldn't purposefully hurt you and why are you making...sometimes you feel like you're making mountains out of molehills. You need to deal with it, this is your problem. But when on other days, when I really feel the need to have something else to put my bad feelings on, jealousy comes in really good. Because that's the reason

you're feeling bad, and it's all this person's fault and they're causing these bad feelings. So then your self-pity can just feed itself, and you've got this object there that's causing you these problems. And you know why you're feeling the way you're feeling. But if anyone just off the wall said is it good to be jealous or is it bad to be jealous, I think it's bad. I think it can be very destructive, both to yourself and to the people around you if you let it. I think you can become very violent, at least I can. And that's another thing that makes me feel guilty is that I find these angry feelings and these violent feelings. Where does this come from? It's got to be something Satanic or something. You can't feel this horribly, terribly mean toward somebody and this angry and hostile if it isn't a bad force within you. So it's got to be bad to feel this way. It's scary. I can see where people if you're really off the wall jealous to the point where your husband looks at another woman and you think he's fantasizing and that just drives you crazy. I can see where it could lead to passionate killings or something. It just can overtake you so easily. And you're sitting back. It's like this force in you and you can't control it. I can see where it could lead to a lot of these passion killings or whatever they say are rooted in jealousy. I can see it. I don't think it's healthy...it can be healthy if you can analyze it. I was lucky that these feelings happened when I

happened to be in counseling. That really was a stroke, someone was looking after me. Because it helped me not only with this situation with K., but also a girl in college. I was able to put things more in perspective and see what it was doing to me. I think I would have been really messed up if I had not had professionals to guide me through a lot of the exercises of looking into myself and not letting me put it all on somebody else. Cuz a lot of times it's real easy to do. I don't enjoy it, it's not a fun feeling.

I: It gets you in touch with some rage, and that can be very frightening. You don't want to hurt somebody, don't want to express that kind of rage toward somebody that you care about and love...It sounds like in your relationship it was certainly painful when you were going through it.

P: I think if we hadn't had K. to focus onto that we probably wouldn't have found out near as much as we did and worked out so many problems as we did. I think the situation that happened with K. helped us in understanding what could have led up to something like that, and what was underlying what was really going on. If we hadn't had that one particular situation of what was going on between M. and K. everything else was so...there was so many things that were negative and you have a tendency day by day to drag it out and

you can't get a handle on it. You can't get a grip.

I: So this situation brought it to a point where it had to be confronted?

P: It had to be confronted. I wasn't going to stand for it. I wasn't going to be a wife that was cheated on. So I had all these self-righteous indignation feelings. And then going through counseling it just kind of helped unfold the picture. But it was really our center focus. There wasn't a session that went by that wasn't the reason we were there, that wasn't what we were talking about. And then all of a sudden, these things just start folding out and you say, yeah, that's what's happening. Yeah, why are you doing that? What's going on here? And why can't you do that? So I think if we hadn't had that, if there hadn't been that one central thing that forced me more and more into counseling. I started off kind of like on a whim saying well, I'm not going to get a divorce, I've got to go to counseling. And then all of a sudden, it became a focal point of my husband's relationship with this girl, then it was my relationship with myself, and my relationship with him. So in a way it was good that it happened. And I think that's why I keep playing in my mind if it happens again what have I learned and if he does end up working for her again have I really resolved this. And some days I think,

yeah, I feel pretty comfortable and other days I think well,
what if this happens again. It can drive you nuts.

FIRST PERSON DESCRIPTION: FEMALE #1DESCRIPTION OF MARRIAGE BEFORE EXPERIENCE OF JEALOUSY

We've never lived together but we spent time at each other's apartments practically like we were living together. But it still wasn't the same. I think he had a real hard time adjusting. When we got married there was just a complete turnabout of everything between the two of us. M. completely became nonintimate the day we got married. It started on our honeymoon. He wore his wedding ring like for two days on the honeymoon and then he said that it bothered him and couldn't stand to wear rings. And he took it off and he just won't wear it. And sexually we had our problems. He would prefer to stay up late working on projects and make sure I was asleep and then come to bed. I began to wonder what was going on. He obviously had a hard time adjusting to the fact that he wasn't totally independent anymore, that he couldn't come and go as he pleased, that he had a wife now. I wanted to have a family, and he knew I wanted to have a family. And he wanted to have a family, but he kept saying not yet.

When we were first married we worked for the same company, but I didn't enjoy us working at the same place. I felt that there were pluses and minuses. He had not established a real good reputation with a lot of different people at the company, because he was very unhappy working

there; he didn't feel challenged, and that came across and it made me feel like I was put into a bad light. So I kind of felt like it would be better if we had two completely different work areas. So I was happy when he got the job offer, because I knew he was miserable and I thought that impacted our marriage negatively. I thought this would be a good opportunity to correct all of those problem areas. So I was real excited. He was very unsure of accepting the job offer, but I told him to go for it, that it sounded really good. And then when he did, it worked out ok for the first month because he would come home and he would say, gee I don't know what's going on. And he would share it with me.

IMMEDIATE PAST BEFORE EXPERIENCE OF JEALOUSY

I became jealous of the relationship my husband, M., established with his boss, K., because it seemed like he was edging me totally out of his life period. And there was a background that M. had told me previously about another relationship he had had at college. He just couldn't work that girl into all the people that he was meeting and the new lifestyle he was establishing going from student to full time professional. And she just didn't fit in and that broke up their relationship. In my mind I thought that was the same thing that was going to happen to me. I was getting very jealous of him becoming involved with his boss. And K. seemed very drawn to M. They seemed to just hit it off from

the beginning. There had been a very obvious relationship as far as friends, and observing it you could have thought it could have gone past friendship. Because they seemed to have little inside jokes together and really got along well together.

I felt just totally insignificant, totally unimportant in the realm of everything that was going on in M.'s life. I just felt like he had left me behind. I'm still with the same company, still with the same group of friends. Our personal friends he had totally dropped. I was part of what got dropped, so I was very resentful, very suspicious; I would sometimes be thinking, what are they doing now? He hasn't called, he's not home, it's 7:00. Is he going to come home or is it going to be another one of the nights he's not going to come home. This started a few months after he went there. Once he latched on to K., he started working for her about a month after he went to work. And he latched on to her, and it was like she replaced everything about me. And he was going to her with everything instead of coming to me.

It was obvious that there was this very deep rapport between M. and K. And I would say to my friends, I know. I don't know what to do about this. He's very involved in this girl, and I don't know what she has that has such a hold on him. But evidently he feels all his needs are getting met with everything he's doing with her. I am very emotional and very expressive, and sometimes when something happens I have

a tendency, I can blow it way out of proportion. And with this particular situation, M. kept saying, you're blowing it way out of proportion. Nothing happened. We're not involved sexually, we're not involved emotionally. I felt like he felt things he couldn't get from me he was getting from her. That she understood him better than I could understand him. That was what I was thinking. He was putting her in my place because things he would confide in her about his insecurities. He would not discuss anything with me. It just seemed like that they were feeding each other and it was just working very well for them and very poorly for P., her husband, and me.

It was more of an emotional dependency on her where he didn't have to culminate in a sexual act; he got all his needs met in an emotional basis with K. So, therefore, there wasn't anything left over me, there wasn't a sexual drive for me. There wasn't an emotional dependency for me. There wasn't anything left over for me. At one point I approached him and said what is going on with you and K. She's calling here. You're having these long conversations, you're out working late with her, you travel together, what is going on? And he was saying, she's just meeting my needs in a professional sense. And the problem was that any of his personal needs kind of just got shelved because he was so gung ho...everything was concentrated on the job. He would not

come home until 1:00 or 2:00 in the morning, he'd be at the office or he'd be out with her and they would be talking business, but I know there was some personal interchange there too. I never really thought there was a sexual thing between them. I felt that there was just this bond. I was really not more jealous of K., I was more jealous of M.'s complete capability of drawing into his shell and just being totally self-centered in himself and nurturing that himself. And I was thinking how can you do this? I don't understand how you can be so self-sufficient and just blot out something as good as you can. He was just excellent at that. Just totally behind this iron curtain. And he didn't want to cross over, and he didn't want you to cross over. So I was really angrier more at how he just didn't seem to care about my feelings and how rude he could be and inconsiderate he could be; and it just would devastate me that I could be treated that way. I was just being totally left out on the sidelines. I had felt intimidated and lacking self confidence whenever I compared myself to his boss, and it seemed she exuded all this self-confidence, political know-how, personality and business understanding. And there I was sitting there like a dumb yo yo. And it seemed to me that no matter how much I could relate back to where I was in my profession, how successful I was, comparing me to her it always seemed like I came up real short. And then M. depending on her reinforced that with me. I had no knowledge

of his business environment. Although I knew I was very successful and I knew I had a lot of intelligence and I knew all these things intellectually. But emotionally I'd get in the same room with her and I would feel like I was just about this big and she was this huge giant who was taking over everything. It was like K. was a professional and I was just playing at being a professional. I envied the fact that it seemed so easy to her. She was the type that plotted that she was going to be where she was, where I felt like I was the type that just fell into what I fell into. So I had these comparisons that always had me coming up short.

And so then the envy of her and the anger about how M. was cliquing and depending on her; it all just evolved into where he would just mention her name or I would pick the phone up and it would be her and I would just want to hang up and say, leave us alone. Another thing over the phone calls, she would call and she knew me and I knew her. But she would never say Hi D., How are you? She would just say, Is M. there? And I knew it was K. Just completely ignored that I existed. I got to the point where I would say, Is this K.? And she'd say yes, how are you? Just say I am a person, I am here. I would get so angry over the phone calls. I heard everything, it was kind of like it's up here and it's above board and I hear it and I heard it. But the way I felt was why are you talking to this person?

And he was pretty unhappy in the marriage at that time, and I was becoming increasingly unhappy, ready to just say OK this isn't working. We're just going to divorce court and get it over with. I'm tired of this, forget it. You can shut me out so effectively with a job change, what's the point of continuing with it. In trying to understand what was going on, I decided to go to counseling. Either that or get divorced. I started marriage counseling a couple of months after M. went to the new company, because there were so many things that were negative. It had to be confronted. I wasn't going to be a wife that was cheated on. And M. went with me to some joint counseling. By this time frame it could have been anything that could have happened and I would have thought, this is it, he's going to leave me, he's going to go with K.

INTENSE EXPERIENCE OF JEALOUSY

My husband stayed out late after work without calling to let me know where he was or when to expect him home. I was awakened at 2:00 a.m. by a call from K.'s husband. He was looking for K. who he had last seen around 9:00 p.m. when he left her and my husband finishing a drink in a bar. K. was to follow him shortly in her car, but had still not shown up. He wondered if M. was home. The implied meaning behind his words was that our spouses were obviously still together and judging from the time and the situation it appeared, you

could guess at what was going on. I didn't want to get involved in any kind of discussion with him. So I think what he was trying to do was build a fire under me about M. and to get doubts and thoughts in my head, which obviously it did. It got me very upset.

I got very embarrassed. I didn't know what to say to him. I was embarrassed during the phone call not knowing what to say. And this situation reinforced my jealousy. I could not believe that my husband could be so selfish, rude or inconsiderate about not calling or showing up at home after work. But for me to find out this way where he had been was the lowest blow of all. Feelings of intimidation and no self-confidence were reinforced. My self esteem hit the bottom.

As I waited for him to return I felt angrier and angrier, and it was directed toward M. At this time all the feelings toward K. just kind of dissipated. And I was just angrier toward M. for allowing this to happen. It was all because he let this happen. He was the reason all of this was going on. In this particular situation, I didn't sit down and moan and groan about comparing myself to K.; I just got really angry at M. for being the way he was. So I felt angry and all my anger was focused on my husband.

I was angry that he would replace me with somebody else. That he would share all of his feelings and thoughts with this person who was just someone in his workplace. Was not I

the one he had taken the vows to live with and make a life with? I felt that my position was being usurped, because he wanted this attachment with her because it was so important to him. And it made me angry and confused, because I didn't understand why that would be so important to him over the importance of our relationship. So it confused me as to what could possibly motivate him to do something like this which would so obviously hurt me. I wanted to throw him out so he could freely have whatever kind of relationship he wanted with his boss. And I wanted him gone so I could avoid hurt and anger. I was thinking this after the phone call woke me up.

I had gone to bed at about 11:00 or 11:30, a normal time, because I figured it was going to be another one of those nights when I didn't know when he was going to be coming home. And while I was waiting for him I was thinking these thoughts. So when he did finally get home, although I had intellectually figured out how I was going to handle it, the minute he walked into the bedroom, it was out the window and I was screaming and yelling and lashing out at him. I told him to go out and go back to wherever he had been with her. And I yelled and screamed about how he hurt me and how selfish he was. He didn't respond except to tell me that he had been working with his boss at the office and didn't want to discuss the situation until the next day. I just got

furious. Intellectually you think, I'm going to be contained. I'm going to handle it this way. This is exactly what I'm going to say. And then the minute the confrontation started, I just lost it. I was just furious. I was just furious that he could put me in such a position where P. would call and embarrass me. I felt like I was so unimportant to him that he didn't even give me a thought as to how this was going to come across to me whatsoever.

My stomach was upset, nauseated, my head hurt. I felt just as physically as sick as I mentally felt. I got myself so worked up and I wanted to just lash out and hit and just get rid of this anger. And he was the object of the anger so therefore I wanted to get rid of it onto him.

Since he didn't respond, I just figured forget it. Ok, we'll talk about it in the morning. Of course, I didn't sleep the rest of the night, I was just laying next to him, saying I'm going to kill this man. I was just sitting there dreaming all these things...I'm just going to throw him out of bed I'm going to throw him out of this house. He's going to come home tomorrow night, and his suitcase is going to be packed. All of these totally irrational thoughts.

IMMEDIATE EXPERIENCE FOLLOWING INTENSE INCIDENT

And so we went for days after that without any communication. Because I had always been the one who had started the communication. We continued therapy, and I think

if we hadn't had K. to focus onto that we probably wouldn't have found out near as much as we did, and worked out so many problems as we did. I think the situation that happened with K. helped us in understanding what could have led up to something like that, what was underlying it, what was really going on. In counseling, my husband's relationship with this girl became the focal point, but then it was my relationship with myself and my relationship with him. And so in a way it was good that it happened. I was able to put things more in perspective and see what it was doing to me. Though I still have jealous feelings today of K., because they still have this wonderful rapport. And I still to this day don't know what was going on between K. and P.

And now it's shifted more towards her. At that point in time, it was all him. Now in afterthought and being around her now, and a couple of years after all this has happened, I really to this day don't like her. I would prefer not to see her. I would much prefer that M. not have any relationship whatsoever with her. And I still find all the memories of what happened before still bubble up; and I can easily focus on her and say she was the whole problem. But I know she wasn't. You can be so irrational at times. She has changed also and I don't know why. But now when she calls she'll have a conversation with me. She'll say, hi, how are you? And she's talking to me and having a conversation with me, and so that makes me feel like she's a little bit more human. And

she's been real sweet since our baby's been born. And of course that makes me feel better now when I'm around her, because I feel like she really is acknowledging me.

I trust him more now and now I don't see...there's not these long phone calls anymore. He doesn't work for her anymore which helps too. So they don't have a lot of business trips together anymore either. So I find myself thinking, what if he ever works for her again? Is this all going to repeat again? Does she have such a hold on him that I'm going to have this whole problem happen all over again or is it really because of other things that happened and she just happened to be there. Or did she make everything else worse. And I don't know. So I have those qualms about as long as they both stay working there, and she stays a level ahead of him, and there's a possibility in the organization that he'd end up working for her again. So I'm not too sure where the attachment is.

And I think now if he goes back and works for her, he's really going to see her in this wonderful light. Where I'm going to be looked at as the typical dumbbell housewife, and I think that bothers me too. I think everytime I'm around her, there's something else that comes up. And a lot of it seems to me when I discount everything about M. and mine's relationship. I think there's something about her that just threatens me, and I think it's embedded in my self-esteem. I

just look at her and I see where things just seem so much easier for her. And I know how hard it was for me in a professional area. And when I compare myself I just always seem like I'm coming up short. So I when I hear him say good things about her, I think to myself yeah, what you're really saying is bad things about me. She's one of the very few people that I look at and think there's something wrong with me. Sometimes, also I really miss the workplace.

Also, still I have no respect for her as a person. She's manipulative and I think she's very domineering. So I guess I am still very suspicious of her. I don't want to be.

Sometimes my jealousy makes me feel really good. It's some feeling that you have and you know what the feeling is. And therefore you feel good that you know that you're feeling this way and focused on this person, and you know these are the reasons. And then you think it's bad, you're not supposed to have feelings of jealousy. This is a very unChristian thing to have. This is a very immoral thing to have, and you're not supposed to feel this way. You feel guilty that you have these jealous feelings. It depends on which day, and whether I'm more into my feelings. If I'm more into my little self-pitying feelings, I feel really good that I have these jealous feelings. Then if I have a day that I'm feeling really positive and optimistic, then I feel really guilty that I have these jealous feelings. It's not right, you shouldn't feel it. It's something wrong with you.

I think you can become very violent, at least I can, and that's another thing that makes me feel guilty is that I find these angry feelings and these violent feelings. Where does this come from? It's got to be something Satanic or something. You can't feel this horribly, terribly mean toward somebody. And this angry and hostile if it isn't a bad force within you. So it's got to be bad to feel this way. It's scary. It just can overtake you so easily. And I think that's why I keep playing in my mind if it happens again, what have I learned? And if he does end up working for her again, have I really resolved this? And some days I think, yeah, I feel pretty comfortable, and other days I think well what if this happens again. It can drive you nuts.