

EXCLUSIVE

Not the Favourite?!

Helping Kids and Teens Rewire Jealousy Into Self-Worth

✦ *Because every child deserves to shine — without comparison* ✦

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INTRODUCTION



Ever felt like someone else gets more hugs, praise, or chances than you?

Perhaps you are left thinking:

✗ “It’s not fair.”

✗ “They’re better than me.”

That feelings? That is jealousy.

But here is the secret: jealousy isn’t “bad.”

It is just your brain saying:

👉 “I’m worried I don’t matter enough.”

If those thoughts hang around too long, your brain can start to believe them.

Like:

“I’m not the favourite.”

“I’ll always be second best.”

Here is the truth:

☀️ You don’t need to fight for the spotlight.

☀️ Your worth is not a contest.

☀️ You already shine — in your own way.

This guide will show you how to calm jealousy and remind yourself:

💬 **“I don’t need their light to shine — I have my own.”**

WHAT IS Jealousy?



DEFINITION

Jealousy is a feeling you get when something **feels unfair**, when it seems like there is **not enough**, or when you worry you might **lose your place in the group**.

It often shows up as thoughts like:

- 💭 “You love them more.”
- 💭 “I’m not as good as them.”
- 💭 “It’s not fair.”

👉 Jealousy is not bad.

It is just a signal from your brain saying:

✨ “I feel like my worth is in danger.”

But if that feeling hangs around too long, your brain might start turning it into a story about who you are:

- 😞 “I’m not the favourite.”
- 😞 “I’ll always be second best.”
- 😞 “I’m not good enough.”



UNDERSTANDING JEALOUSY

Jealousy is not just about what you have or don't have.

It is about the story you tell yourself.

When you believe someone else has “more” —

...love, praise, freedom or chances

— your brain quietly whispers:

👉 “Maybe I’m less.”

👉 “Maybe I don’t matter as much.”

At first, it is just a passing thought.
But if it keeps repeating, it can feel more and more real.

That is how jealousy can start to stick and turn into part of how you see yourself.

Example:

- **Moment:** “Mum let them stay up later.”
- **Emotion:** “That’s not fair!”
- **Belief:** “I’m less important.”
- **Identity:** “I’ll never be enough.”

⚠️ The danger? You stop seeing jealousy as an emotion and start seeing it as who you are.



THE SPOTLIGHT MYTH

💚💜 Why Sibling Rivalry Feels So Big

Picture this... you are on a stage.
There is one giant spotlight.

When it shines on your sibling, you feel
left in the dark.

When it shines on a friend, you wonder
if you will ever get your turn.

The spotlight feels scarce — like only
one person can be seen or be “enough.”

That is the Spotlight Myth.

🌌 The Truth: A Sky Full of Stars

Now imagine the night sky...

Every star shines.

One star does not steal the light from another.

Together, they make the sky even brighter.

Jealousy happens when you believe there is only one spotlight to fight
for.

Peace begins when you see:

✨ “I don’t need their light to shine — I have my own.”

THE SCIENCE

🧠 The Science Behind Jealousy

Jealousy feels big because the brain treats it as a threat to survival.

When jealousy hits:

- Heart beats faster ❤️
- Muscles tense 💪
- Voice rises 🗣️
- Tears come easily 😭

This is the fight-flight-freeze system switching on.

☀️ The Good News

The brain is not stuck.

Through rewiring practices, you can learn to:

- Notice the trigger 👁️
- Calm the body 🙏
- Reframe the thought 💡
- Act from truth not fear 💪

Neuroscience calls this neuroplasticity.



THE SHIELD STRATEGY

Protecting Worth Without Attacking Others

The SHIELD Strategy helps kids protect their self-worth without fighting, withdrawing or comparing.

S SPOT THE SIGNAL

👁️ Notice the first spark of jealousy.

Tight chest? Angry thoughts? “It’s not fair”?

Say:

👉 **“This is jealousy. My brain thinks my place in the group is at risk.”**

H HOLD THE FEELING

🛑 Instead of lashing out, pause.

Put your hand on your chest. Take 3 slow breaths.

Say:

👉 **“I can feel this without losing my cool.”**

I IDENTIFY THE FEAR

Ask: “What is jealousy really telling me?”

- ✓ “I’m scared of being left out.”
- ✓ “I’m scared I’m not good enough.”
- ✓ “I’m scared I’ll lose closeness.”

THE SHIELD STRATEGY

Protecting Worth Without Attacking Others

E EXPRESS WITH HONESTY

Jealousy grows in silence.

Use “I” Statements:

- ☞ “I felt left out when you praised them.”
- ☞ “I want to feel important too.”

L LOOK FOR THE TRUTH

⚡ Challenge what your brain is telling you.

Ask:

- ☞ “Does them getting attention actually make me less?”
- ☞ “What is one way I shine too?”

D DECIDE YOUR NEXT MOVE

Choose one action that protects your worth without hurting others.

- Join in instead of withdrawing.
- Ask for connection instead of competing.
- Remind yourself: “I have my own light.”

Say:

- ☞ “Today, I choose to shine by _____.”

Thank you!

Thank you for reading this guide.

By picking it up, you showed something powerful:

- ☞ You care about yourself.
- ☞ You want to grow.
- ☞ You are ready to shine in your own way.

Remember:

- ★ Jealousy is not who you are.
- ★ Your worth is never a contest.
- ★ You already have your own star in the sky.

So when jealousy shows up, pause and remind yourself: 💬 **“I don’t need to fight for the spotlight. My star always shines.”**



Do You Need More Help?

- 💬 Want to know how to calm jealousy fast?
- 💬 Worried if those thoughts will pop up again?

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Keep practicing, keep shining and keep being YOU.
Because the world is brighter when your star is glowing.