

Overcoming Retroactive Jealousy

A Guide to Getting Over Your Partner's Past and
Finding Peace

Sample Chapters

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4: Your jealousy is a gift.

Today is a gift. That's why they call it the present.

- Babatunde Olatunji

WHILE I WAS IN MY DARKEST PERIODS, if someone had told me that my retroactive jealousy was a "gift" there is a good chance that I would have responded by physically assaulting them:

A gift?! Are you kidding? Retroactive jealousy is a curse!

I'm not arguing that retroactive jealousy is fun, and I'm not going to tell you that it is good for your mental health. I would argue the contrary on both counts.

What I can tell you is that your retroactive jealousy is trying to tell you something. Many things, in fact. But the main thing that your jealousy is trying to get across to you is that it is time for decisive growth, and action. It may or may not be time for you to decide to move on from an unhealthy relationship, but either way: your retroactive jealousy represents an invaluable opportunity for you to grow and learn. **It is time for you to confront and overcome the personal demons that are keeping you unhappy and insecure.**

Before you dismiss this as some kind of new-age drivel, I ask you to consider the following: I once experienced crippling retroactive jealousy that destroyed my relationship, disrupted my career, and kept me depressed for months. Today, I am writing a book helping others to overcome their own retroactive jealousy. If you had told me a year ago that I would be sitting here writing to you, I would have told you you were crazy.

My retroactive jealousy forced me to grow. I was fed up with the constant unease, worry, and obsessive thoughts, and this forced me to better understand my condition, and work hard at overcoming it. I thought I was "getting to the bottom" of retroactive jealousy. In fact, I was getting to the bottom of myself; uncovering my deepest, darkest, most uncomfortable truths, and transforming myself in the process. Retroactive jealousy helped to make me who I am today. I am undoubtedly a stronger, more confident, more loving, and overall better man for having experienced, and overcome my retroactive jealousy. Retroactive jealousy was a gift.

Although it may not feel like it at the moment, your retroactive jealousy represents an enormous opportunity for you to grow. You will emerge a stronger person by confronting, and overcoming the destructive forces that have resulted in your current mental state.

You will also notice, should you decide to put in the effort and get serious about self-improvement, that overcoming retroactive jealousy will affect other

areas of your life well beyond your relationship. Your confidence with others will grow, you will be more productive and creative at work, your self-image will flourish, and you will have new faith in your ability to change, and overcome any obstacle that stands between you and what you want.

My retroactive jealousy was a gift -- it provided the incentive to take a long, hard look at myself in the mirror, and decide that it was time to get to work.

5: Jealousy telegraphs insecurity.

A competent and self-confident person is incapable of jealousy in anything.

- Robert Heinlein

CONSIDER THIS QUESTION for a moment: if you were completely comfortable in your own skin, and completely confident about your abilities as a lover, would your partner's past bother you so much? Almost certainly not.

It was a humbling and painful moment for me when I realized that I wasn't as self-assured and confident as I purported to be. Throughout the most intense periods of my retroactive jealousy, I told myself and those around me that I was bothered by my girlfriend's past because I was so much better than her past lovers. I had the attitude of "How could she degrade herself to be with *them*? I'm the best!... But if I *am* the best, why does the fact that she had previous lovers bother me so much? Shouldn't I simply smile, satisfied with the knowledge that I really *am* the best lover for her? After all, she's here, isn't she? She isn't clamouring for anyone else. She's demonstrated complete devotion to me, and our relationship. I'm the best... aren't I? So why does her past still bother me so much..?"

My logic began to cave in on itself. I was not nearly as confident and self-assured as I thought I was. It pained me to admit it, but there was indeed a part of me that was threatened by her past lovers. When I realized this, I began to develop a new type of confidence, however: I began to commit myself to change, and, little by little, I began to believe in my own ability to change. Which reminds me: **you must believe in your ability to change if you want to get better.**

Discard any nonsensical self-talk that tells you that you're too stubborn, too stuck in your ways, too wedded to your beliefs to change them. You're reading this book, aren't you? I'd say that qualifies you as someone who is willing to grow, and challenge their own beliefs. And you *need* to believe in your ability to change because I can guarantee that retroactive jealousy is slowly killing your relationship, and your partner's attraction to you. I know from experience.

Intense jealousy telegraphs intense insecurity. And this is not good, because your insecurity is destroying your partner's attraction for you. If you are constantly worried about something your partner did in the past, or might do in the future, not only are you not really living, but you are also conveying a subconscious message to your partner, which is "I'm threatened by just about every other man out there." Not exactly sexy stuff.

Would you want to be with a woman who is constantly threatened by every other woman on the block? Probably not. Jealousy is a universal turn-off, and the more that you can move on from your jealousy and demonstrate self-assuredness

and comfort in your own skin, the more your partner will be drawn to you, and the more confident you will become. It becomes a self-perpetuating cycle of demonstrating confidence = attraction and affection from your partner = more confidence; healthy for you, your partner, and the relationship. Your sex life in particular will reap the rewards.

Every romantic relationship is governed by attraction; that raw and powerful force of emotional chemicals that compels us to continuously pursue, seduce, and make love with our partners, and forfeit all other worldly pleasures just to spend time with the object of our affection. In the words of dating expert David DeAngelo, "attraction is not a choice." Similarly, *not* being attracted is not a choice. No matter how much your partner loves you, no matter how much she cares about you and the relationship, she will not be able to help being turned off by your jealousy and insecurity, whether she admits it to you or not. When your partner's attraction fades, so too does the strength of the bond you share with her. The sooner you face the fact that your retroactive jealousy will eventually destroy your partner's attraction for you and kill the relationship, the more you will realize the urgent need for you to get over condition, and start growing into the best self that you can be. The next section of this book will tell you how you can do just that.

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This was an excerpt from my e-book, [Overcoming Retroactive Jealousy: A Guide to Getting Over Your Partner's Past and Finding Peace](http://www.retroactivejealousy.com). My book has helped hundreds of men and women from around the world confront and overcome their jealousy, save their relationship, and lead happier, healthier lives. Learn more about it, and read testimonials from satisfied customers at <http://www.retroactivejealousy.com/get-the-guide/>.

If you have any questions or comments, please send me an email at zachary@retroactivejealousy.com. I'd love to hear from you.