

Name: _____ Teacher: _____



9th Grade Level A Test #1 Unit 2

Taking Down the Green-Eyed Monster

Everyone feels jealousy sometimes. It can happen when a friend is wearing that really cool jacket you saw at the mall, sits with other friends at lunch, or gets picked for the team and you don't.

"Jealousy is feeling bad when a friend does better than you or has something you want," says Sylvia Rimm, a child psychologist at the Family Achievement Clinic in Cleveland. Although jealousy is a common human emotion, it's important to learn how to handle it. "It's not a good idea to go through life constantly comparing yourself to others," adds Rimm.

Being jealous about the time a friend spends with other people instead of you is a common form of jealousy. "Maybe your friend has to practice with a team every day after school instead of hanging out like you used to," says Annie Fox. She's a former teacher and author of the Middle School Confidential books. "Maybe your friend goes to a different school and is meeting new kids, or has a boyfriend or girlfriend for the first time."

Other times, jealousy stems from feelings that a friend, sibling, or classmate is smarter, better looking, more popular, or more athletic than you. It's hard not to be jealous of all the attention and recognition the other person receives. That type of thinking turns everything into a competition.

Possessions can lead to jealousy among friends too. There's nothing unusual about wanting the hottest fashions, the newest gaming system, the best birthday parties, and trips to Walt Disney World on school vacations. But the truth is, there are always going to be people who have more than you. So what can you do to feel better when jealous feelings get in the way of a friendship?

Talk about it. Tell your friend how you feel.

Be understanding. Your friend may not have even realized you two were drifting apart. He or she may have just gotten too busy with other activities.

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Accept change. If your friend really is pulling back on the friendship, you have to accept that, as hard as it may be.

What Is the “Green-Eyed Monster”?

It's just a fancy way of saying “jealousy.” People have used that phrase for at least 400 years. People also say they are “green with envy”—it means almost the same thing. Nobody's sure exactly why green is linked to jealousy.

Answer the questions (80 points)

1. What is the definition of feeling jealous? (12p)

2. Jealousy is a part of our lives, and we should live with it **True/False (14p)**

Copy the words from the text which support your answer

3. What common form of jealousy is mentioned by Annie Fox? (12p)

4. What kind of thinking makes you compete all the time? (12 p)

5. Name three things which can cause jealousy (20p)
