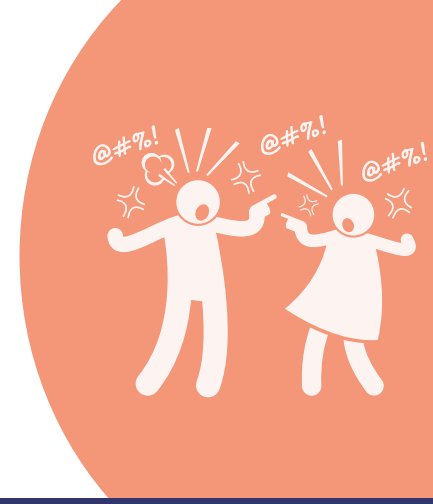




Jealousy in adolescent dating relationships



What is jealousy?



Jealousy is a feeling you get when you are **fearful of losing** someone important to you. In a relationship, you may experience this when **you feel that your relationship is threatened**.

Is jealousy common in dating relationships?

In our study on 352 teens, we found that...

4 out of 10 adolescents



reported feeling jealous in their most recent relationship

Jealousy impacts relationship quality



Our study showed that adolescents who experienced jealousy also reported being **more engaged in their relationship**.



This may seem positive however...

Jealous adolescents may be more engaged in their relationship due to **preoccupations and fears** that their partner will cheat or leave them for someone else.

How else does jealousy impact dating relationships?

Feelings of jealousy may...

exacerbate anxiety and **fear of abandonment**



increase **power imbalance** in the relationship



lead to **controlling behaviours** towards a partner

Managing jealousy

Remember that jealousy is a common part of dating relationships and shows that you are afraid or sensing a threat to your relationship.

What matters most is how we react to those feelings.

If you ever feel jealous...



self-reflect on what is causing these feelings



express and discuss your preoccupations with your partner

To know more about the lab's projects : www.lefac.uqam.ca

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