**Jealousy**

Jealousy is a powerful emotion that leads toother negative emotions such as fear, insecurity and anger and therefore results in very bad situations e.g. tendency for putting others down.

This bad feeling can harm friendships of a lifetime and scatter misery.

Jealousy is one of the main causes of unhappiness since the jealous person is not only miserable himself but he even tries to cause misery to people around him.

I wonder how some people live with this feeling every day!

Nicolas Kyriakides