

## 41 Affirmations for Jealousy Triggered by Social Media

A moment to pause, reflect, and choose a useful next step.

1. An image cannot show the whole cost or context of a life.
2. I do not have to compete with a collection of selected moments.
3. I can notice what the image makes me imagine.
4. I can leave an account that repeatedly fuels resentment.
5. I can avoid treating engagement as a life score.
6. A selected picture cannot fairly rank whole lives.
7. I can name the wish beneath the comparison without condemning it.
8. A social image leaves out the circumstances that shaped it.
9. There can be room for my disappointment and another person's happiness.
10. I can notice the story I add to the image.
11. I can close the app when comparison becomes unhelpful.
12. I can name a wish without judging it.
13. I can return to the circumstances of my own life.
14. I can choose an activity that matters offline.
15. I can question a borrowed definition of success.
16. I can ask whether I want the experience or the appearance.
17. I can value a moment I did not post.
18. I can let another person's image remain theirs.
19. I can remember that a post excludes most circumstances.
20. I can choose an offline activity I actually enjoy.
21. I can return attention to resources I really have.
22. Another person's achievement does not require me to stop caring about my own goal.
23. Envy can become information about a priority worth considering.
24. I can revise my plan if continuing would ignore an actual need.

25. A difficult moment can be followed by a practical repair.
26. A feeling that returns does not mean every earlier effort was pointless.
27. I can close the app before comparison becomes compulsive.
28. I can resist buying an answer to a passing comparison.
29. I can speak about an underlying goal with someone trusted.
30. An uncomfortable feeling can remain separate from how I treat someone.
31. Recognition can be requested in a fair and specific way.
32. I can recognise the effort involved in having an honest conversation.
33. I can notice the difference between avoiding a problem and choosing an appropriate time to address it.
34. I can recognise ordinary care even while an important concern remains.
35. I can name a wish without accepting the whole lifestyle.
36. I can recognise edited presentation without assuming everyone is dishonest.
37. I can choose a deliberate time for social media.
38. I can choose an honest amount of celebration rather than a false performance.
39. I can take useful inspiration without adopting someone else's entire path.
40. I can ask again for suitable help when one conversation was not enough.
41. I can decide what needs following up and let the rest wait.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/jealousy-triggered-by-social-media-affirmations/>