

# Relationship Advice: NYC Matchmaker Tips On How to Deal with Jealousy



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Holly Kiffer

We all get jealous from time to time, it's part of being human. However, how can one overcome it and not let it ruin their relationship? Our relationship experts from **NYC matchmakers** have come up with three key pieces of [relationship advice](#) that will help you overcome your jealousy, and prevent it from ruining your relationship or date night.

# Relationship Advice To Help You Deal With Jealousy

**1. Write it down.** By writing your feelings down, you can express your exact thoughts and emotions. This is a great option if you don't feel comfortable sharing with your friends or partner because writing it down is an easy and private way to express how you're feeling about a situation. Keep it all written down in a journal or diary so it will in your sacred possession that will only allow you to have access. If you feel uncomfortable keeping a journal, you could always try writing it down and then throwing it away. In a sense, you're throwing out your jealousy!

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**2. Vent to your friends.** Our [New York Matchmaker](#), **Lori Zaslow**, recommends venting to your friends. Venting to your friends helps relieve all the anger and frustration you are feeling. Essentially when you vent you're talking out loud to let it out instead of keeping your emotions bottled up and letting them eat you away, which should help prevent unwanted stress and anxiety. Everybody gets frustrated over relationships, because in relationships people often put themselves before their partner. Venting is like an actor's breathing exercise. Another great way to vent for example, in the movie *High School Musical*, the main character Sharpay, relieves stress by performing breathing exercises. Maybe not as dramatic as Sharpay but in hindsight your friends are always a great way to relieve how you're feeling.

**Related Link:** [Dating Advice: Don't Let Jealousy Impact Your Friendships](#)

**3. Change your perception.** Another way to not let jealousy control your relationship is to change your perception. View the situation from a different lens, put yourself in your

partner's shoes. Our relationship experts recommend mindful listening. Mindful listening is along the lines of venting except, the person who is listening to you doesn't intrude or comment until you're done speaking.

*Relationship experts Lori Zaslou and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.*