

Expert Relationship Advice: How to Handle a Jealous Girlfriend



✖ By [David Wygant](#)

You find yourself dating this really cool woman. She's hot; she's smart; she's everything you want in a partner. But she's jealous. She literally flinches every time a text comes through on your phone. Even if you're just checking a football score, her mind starts racing, wondering if you're contacting another woman. As a [relationship expert](#), I recognize that jealous girlfriends are a different breed of girl. They're really tough to handle, but they can be managed, thanks to this expert relationship advice.

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Follow This Expert Relationship Advice to Deal with Jealousy

First, your phone needs to be transparent. You need to let her look at it whenever she wants. Don't hide it, and don't password protect it. Stop all correspondence that may make her mind wander or make her question you. Be sure to delete every naked picture and every text from an old girlfriend beforehand though! All evidence of past indiscretions needs to be erased because a jealous girlfriend will find it, no matter how well you hide it.

To continuing following my expert dating advice, next, you need to ask your friends to never send you text messages that can easily be misread. Jealous girlfriends are like crime investigators on *CSI*. They literally will create stories based on absolutely nothing. An innocent text from your friend Joe may say something like, "Hey man, last night was awesome. We went by the bar afterwards, and you'll never guess who was there." She'll read that text and automatically assume that "guess who" is some girl that you used to bang and still want to bang.

And third, don't save voicemails from your buddies. You see, she's going to listen to saved messages, old and new, so it's time to delete any and all videos, voicemails, recordings – everything.

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By doing these three steps, you can start building up a jealous girlfriend's confidence. Yeah, it takes some work on your part, but it'll be worth it. Remember that she's only jealous because of all of the other guys who have let her down. So regain her trust, and you'll have an amazing relationship and love.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book *Naked*, and speaker. Through his boot camps, personal coaching, and his [website](#), his dating advice has transformed the lives and relationships of hundreds of thousands of people from every corner of the globe.*

For more expert relationship advice from David, click [here](#).