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Changing Times, Changing Lives: Real Talk about Teen Relationships

Jealousy Scale*

While Jealous feelings may be a healthy part of a loving relationship, jealous thoughts and behaviors can indicate a problem.

Directions: Think about your partner, if you aren't involved right now; think about your most recent relationship. Write you answer in space after each statement.

1	2	3	4	5	6	7
Never		Sometimes				Always

How often do you have the following thoughts about your partner?

1. I suspect my partner is secretly seeing someone else. _____
2. I am worried that someone may be chasing after my partner. _____
3. I suspect that my partner may be attracted to someone else. _____
4. I suspect that my partner may be physically intimate with another person behind my back. _____
5. I think that some people may be romantically interested in my partner. _____
6. I am worried that someone is trying to seduce my partner. _____
7. I think that my partner is secretly developing an intimate relationship with someone else. _____
8. I suspect that my partner is crazy about women/men. _____

Subscore 1 (total) _____

Jealousy Scale (part two)

1 2 3 4 5 6 7
Never Sometimes Always

How often do you do the following things?

1. I look through my partners drawers, purse, pockets, car. _____

2. I call my partner unexpectedly just to see if s/he is there. _____

3. I question my partner about previous or present romantic relationships. _____

4. I say something nasty about another person if my partner shows interest in them. _____

5. I question my partner about his/her telephone calls. _____

6. I question my partner about his/her whereabouts. _____

7. I join in whenever I see my partner talking to someone who could be a new friend. _____

8. I pay my partner a surprise visit just to see who is with them. _____

Subscore 2 (total) _____



Jealousy Scale (part three)

1 2 3 4 5 6 7
Very Neither Very
Happy happy nor unhappy Unhappy

How would you emotionally react to the following situations?

1. My partner comments to me on how great someone else is looking. _____
 2. My partner shows a great deal of interest or excitement in talking to someone new. _____
 3. My partner smiles in a friendly way at someone else. _____
 4. Someone else is trying to get close to my partner all the time. _____
 5. My partner is flirting with someone else. _____
 6. My partner hugs and kisses someone else. _____
 7. My partner works closely with someone they could have a romantic relationship with (at school or at work). _____
- Subscore 3 (total) _____

Scoring

Subscore 1 (jealous thoughts): _____ (from 8-56)

Subscore 2 (jealous behaviors): _____

Subscore 3 (jealous feelings): _____

Total Jealousy Scale Score: _____ (from 24-186)

Jealousy Score

Overall, the higher you score, the more jealous you tend to be.

89 or lower	You feel secure and trusting in your relationship.
90-109	You feel fairly secure and trusting in your relationship.
110-132	It's easy for you to become jealous, but it doesn't get in the way too often.
133 or higher	You are pretty jealous. Think about the basis of your thoughts, feelings and behaviors. Has your partner given you a reason to be jealous? If so, you may want to work on this with your partner. If not, what can you do to decrease your jealousy?

Some kinds of jealousy are better to have than others!

Each Sub score measures a different type of jealousy (1 = jealous thoughts, 2 = jealous behaviors, 3 = jealous feelings). Having some jealousy doesn't always mean there is a problem. In fact, often feelings of jealousy are positively associated with feelings of love and commitment. If your sub score 3 is high and 1 and 2 are low then your jealousy is not a problem, unless your feelings bother your self or your mate. If your sub score 2 is high, you may be doing things that are going to produce problems between you and your partner. Higher score in jealous behavior (Sub score 2) is not associated with love at all. Sub score 1 is the same, the higher the score for jealous thoughts, the lower was their love score.

Remember jealous feelings are normal; It's jealous thoughts and behaviors that cause problems.