

## **How to handle stress and jealousy with siblings**

**from J and K**

**online:**

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# Introduction

Have you had sibling problems? Read this to solve them.

# Chapter 1

First, let's deal with jealousy. This happens a lot if you have older siblings. Pretend you're in this scenario. Your older brother/sister just got their new phone (If you have a phone, pretend you don't). They keep texting people. What do you do?

Think about the good things you have. Try to avoid social media if your parents don't let you.

## Chapter 2

Let's talk about where jealousy or stress happens with your siblings. The jealousy usually is caused by older siblings ages 10+. The reason why is that sometimes your parents let your older sibling have the stuff they want. But it's because they are maturing. Some things to help with the jealousy is to keep a diary. You could write your thoughts about them where nobody knows. Also listen to your favorite song that gives you confidence.

## Chapter 3

Now let's talk about arguments. Some arguments are caused because you are jealous. Try to follow the advice in chapter 2. That way you could keep your thoughts to yourself and not blurt them out in front of your older sibling and causing arguments.

## Chapter 4

Dealing with stress from arguments: It's best if you have your own room or have different sides of the room. Try to play fair. That will avoid jealousy that causes stress or arguments. If your sibling has a phone, try sharing. Maybe you could take turns. It's normal for them to be mean. Or ask your parents if you could borrow their phone.