

He is Jealous of My Past – 3 Relationship Experts Share Their Best Tips + Insights

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Take the following steps



If you find yourself in a situation where your partner is jealous of your past—know that you are not alone.

In fact, this is a common issue for many couples and taking steps to address this retrospective jealousy is key to moving forward in your relationship in a proactive, positive and healthy way.

Discussing past relationships may trigger your partner and, if this is the case, you may find your partner feeling threatened about your past experiences and how they compare.

Take the following steps to find grounding, validate your boundaries and establish healthy foundations for moving forward:

- **Validate your feelings**

It is normal to have a past and important that you don't invalidate your own feelings because of your significant other's jealousy. This type of jealousy is common and it is key to normalize both of your feelings and also, to validate that dealing with this type of pain can bring up feelings of sadness, anger or anxiousness as well.

Practice compassion so it doesn't feel as if you're both putting your relationship on trial. Thank your partner for being vulnerable enough to share their feelings and affirm your feelings and needs in a way that is sensitive to you both.

- **Live in the Present**

Try to stay focused on the present when addressing your partners' jealousy of your past. Set firm boundaries around not interrogating each other or withdrawing from these difficult conversations.

Instead, make quality time to talk about the jealousy, and also acknowledge that you don't need to revisit all details of the past in order to validate your commitment to each other in the present.

- **Establish Ground Rules**

Setting firm boundaries around communication about past relationships can help keep you focused on what really matters. What is the essence of what needs to be shared?

This could include romantic preferences, sexual health concerns, past trauma or anything else that you both feel is relevant to deepening your relationship. See your partner's jealousy as an invitation to have conversations around what really matters.

Having feelings around past relationships is not inherently dangerous, but dwelling in the past can be.

Seeking professional guidance can help with establishing these practices in your relationship so that you can both feel validated in establishing the foundations for healthy long term communication.

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If you are with someone who has a problem with insecurity, your past will not be the only thing that bothers him



If you are involved with someone who is jealous of your past, ask yourself what this may be telling you.

- Does your new partner have an insecurity issue?
- What is it about your past that bothers him?
- What can possibly be done to change the past? How does this impact your future?

The answers to these questions will tell you a lot about your partner and your relationship.

If you are with someone who has a problem with insecurity, your past will not be the only thing that bothers him.

This will just be the beginning, with much more to come. This issue could very well impact your future as well. Jealous and insecure people can be very toxic and cause you to shrink or erase yourself and abandon your own life and accomplishments.

If your partner is jealous that you even had other relationships, there is nothing you can do about it.

You are who you are, and we all have a story. It is our stories that make up the richness of our lives and who we are, and we need not regret them. You would not be the person that you are today if you had not had every single experience of your life up to this moment.

If your partner feels that you loved your past boyfriends more than him, then the best thing you can do is to strengthen your current relationship and make it the best one you have ever had.

Perhaps his insecurity will fade over time. There is always a period of trust building in the beginning of a relationship, but in a healthy partnership, the trust continues to build and there is more and more harmony as the couple works through conflicts.

If your new partner is unable to settle down and feel less jealous, you may need to re-evaluate your compatibility.

A truly compatible partner will love you for who you are, where you have been, and what you have done, because he knows that all of this makes you the person that he is attracted to.

If he cannot accept you, it will be very difficult for him to truly love you unconditionally. Go where it is warm. Go where you are celebrated, and not just tolerated.

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There is nothing wrong with talking about past lovers, but if it starts feeling too invasive and he behaves obsessively, it is not good



There are many behaviors you can experience in a relationship that can make you feel uncomfortable and insecure — and one of the most insidious behaviors is when your partner is expressing jealousy in the name of “love.”

He’ll say, “Because I love you, tell me all about your past boyfriends, what you did with them, what they were like, what you liked about them and why you dated them. Tell me, so we don’t keep secrets.”

There is nothing wrong with talking about past lovers, but if it starts feeling too invasive and he behaves obsessively, it is not good.

Be careful. This is not healthy.

This is a manipulative ploy that is common in men who want to control your life, according to their rules.

Throughout the relationship, you need to share everything about your life and everything has to be accounted for.

Using jealousy as their excuse, they enjoy interrogating you, limiting your freedom and even preventing you from living your life independently.

Jealousy is never a good sign in a relationship, especially jealousy about things that happened in the past.

Since things can't be changed and "it is what it is", why be made to rehash details that are no longer relevant?

As you know, your relationship is a partnership, so any time you are made to feel "less than" or unequal to him, it is not right.

This imbalance is harmful to your confidence and self-esteem and should be a red flag signal for your future.

Do not tolerate that behavior and plan your strategy for ending the relationship.

There are plenty of respectful, caring, trustworthy men out there, who are searching for an empowered, confident woman just like you — so never settle for less!

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