



Tool for Personal Growth – January 2026

Self-Assessment of Envy: A Tool for Inner Reflection

Purpose:

This tool helps you to notice how envy may subtly creep into your thoughts, emotions, and relationships. Answer honestly and gently. There are no “right” or “wrong” answers.

Instructions:

For each statement, rate how often it feels true for you **in the past few months**, using the following scale:

- 1 — Never
- 2 — Rarely
- 3 — Sometimes
- 4 — Often
- 5 — Almost always

Section 1: Inner Comparison & Self-Perception

1. I compare my achievements with those of others.
2. Another person's success makes me question my own worth.
3. I feel uneasy when peers progress faster than I do.
4. I measure my happiness relative to others' outcomes.
5. I feel diminished when someone else receives recognition.

Section Insight: This section reflects **ego-based identity** and scarcity thinking – the psychological soil in which envy grows.

Section 2: Emotional Responses to Others' Success

6. I struggle to feel genuine happiness for others' good fortune.
7. Praise given to others triggers discomfort or irritation in me.
8. I downplay or internally critique others' achievements.
9. I feel relief when someone successful faces difficulty.



10. I feel emotionally disconnected during others' moments of joy.

Section Insight: These statements assess *irsha* or aversion toward another's well-being, as described in the scriptures.

Section 3: Relational & Behavioral Manifestations

11. I feel polite outwardly but resentful inwardly toward certain people.

12. I avoid celebrating others' successes openly.

13. I mentally compete even in situations that don't require it.

14. I feel threatened by others' talents or qualities.

15. I judge others more harshly when I feel insecure.

Section Insight: This section reveals how envy expresses itself subtly in relationships and social behavior.

Section 4: Vision, Meaning & Spiritual Orientation

16. I believe life's rewards are limited and unevenly distributed.

17. I feel that others receive opportunities I "deserve."

18. I struggle to see meaning or order behind unequal outcomes.

19. I find it difficult to perceive the same divine presence in all people.

20. I feel disconnected from a sense of shared humanity.

Section Insight: These statements reflect distorted vision (or *drishti*), the deeper root of envy in Vedic psychology.

Scoring & Interpretation (Please read only after completing the survey)

Step 1: Calculate Your Score

- Add all responses (minimum score: 20, maximum score: 100)

Step 2: Reflect on the Range

20–39: Low Envy Presence

- You generally experience inner security and emotional generosity.



- Envy may arise occasionally but does not dominate perception.

40–59: Mild to Moderate Envy

- Envy arises in specific contexts (comparison, recognition, success).
- Awareness and reflection can significantly soften its impact.

60–79: High Envy Tendencies

- Comparison and inner resistance to others' success are frequent.
- Indicates a strong identification with external validation.

80–100: Envy as a Dominant Pattern

- Envy may be shaping perception, relationships, and self-worth.
- This is not a flaw, only a signal that vision needs re-centering.

Reflective Questions

Use these for journaling or contemplation:

- *When do I feel most compared, and why?*
- *What am I afraid I will lose if others succeed?*
- *What does this envy reveal about how I define myself?*
- *Where might I be forgetting my intrinsic worth?*

From Assessment to Transformation

In the Vedic view, envy is not “removed” but outgrown through clearer understanding. As vision expands – from ego-centered comparison to divine-centered wholeness – envy naturally weakens.

A useful daily contemplation: *“The same fullness that expresses itself through others also expresses itself through me.”*

If you wish to speak with anyone about this topic or your practice, please contact us at samarpanteam1119@gmail.com, and give us time to respond. Thank you.