Comparing myself with others

How comparing yourself with others affects you, and what to do instead.

Name _____ Date _____

Comparing ourselves with others is automatic. It becomes a problem when we mostly compare upwards, with people who seem to be doing better, and on the things we feel worst about.

Why the comparison is unfair

- You know all your own doubts and bad days. You see other people's edited best moments.
- You compare your weak spot with someone else's strong suit.
- There is always someone further ahead. The target moves.
- Social media is built to show you exactly the people who will make you feel behind.

My comparing

Who do I compare myself with, and about what?

When and where it happens most

- [ ] Scrolling
- [ ] At work
- [ ] With family
- [ ] With friends
- [ ] At the school gate
- [ ] At the gym

How I feel and what I do afterwards

What do I assume about their lives that I do not actually know?

Alternatives

- [ ] Mute or unfollow accounts that leave me feeling worse
- [ ] Set a limit on scrolling, or keep the phone out of the bedroom
- [ ] Compare with myself a year ago
- [ ] Ask what the envy is telling me I want
- [ ] Turn admiration into curiosity: "How did they do that?"
- [ ] Notice what I already have that I once wanted

What I will try this week

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