



SOCIAL COMPARISON

Social comparison is a human condition and at one time it was important for our survival, to understand threats and protect ourselves. Despite our evolution our primal brain still has us do this and we use it as a way of ranking ourselves against others. And more often than not this can lead to us feeling inferior, unhappy and diminishing our sense of worth.

There are two types of social comparison, **upwards** and **downwards**. When used in a healthy way, comparison can have some positive results. For example, when we compare ourselves to people that we see at the same level or below us and recognise that our skills and talents are slightly better, this can boost our self-esteem. Albeit this is often temporary. Comparing ourselves with people that are more successful or senior to us can be powerful in motivating us to learn, grow and get out of our comfort zone.

We mainly compare ourselves to our family, friends, colleagues and our peers. The comparisons we feel most strongly about relate to what we value most e.g. appearance, relationships, wealth, professional achievements or goals.



SOCIAL COMPARISON

We might find ourselves comparing when we're not feeling strong and we want approval from others. Or if we don't believe in our skills or talents. Sometimes it's because we want to reinforce the negative feelings that we already have about ourselves.

We compare against a narrow and somewhat distorted view of someone's life and their reality, which leaves us feeling discouraged, demotivated, unhappy and inferior. Often we are comparing apples with oranges.

"Don't compare your beginning with someone's middles" - Jon Acuff

We all start somewhere and we move at different rates. Successful people also have their struggles. They're just further along the path and have committed to staying on that path. We're all human and perfectly imperfect. We make mistakes and we pick ourselves up. We're also ALL equally capable of greatness.



REDUCING JUDGMENT

What areas of your life do you most often compare yourself against others? (e.g. relationships, career, appearance, wealth, achievements).

Define what great/success/good means to you in relation to the above answer. (e.g. does being beautiful mean thick, shiny hair or is it being carefree? Perhaps achievements mean being number one or it could mean having balance).



REDUCING JUDGMENT

How can you amplify these things in your life?

Who would you need to be, what would you need to have and what would you need to do?

When do you most compare?

(e.g. when you doubt your abilities, wanting approval, looking to reinforce negative thoughts and feelings).

'What makes you unique?'

Shine the light on all that you have, all that you are, all that you can be if you just allowed it.



REDUCING JUDGMENT

Compare yourself with yourself.

Where are you today compared to a year ago?

Recognise and celebrate your growth, your journey.

Challenge your inner critic using the evidence from the above two questions.

Invest time telling people what you're doing well and stop focusing on the things you're not. Work on those things but don't use them as an excuse for not trying.



REDUCING JUDGMENT

Create a daily practice of reinforcing your new truths.

E.g. write down 20 times 'The truth is I am worthy'. 'I allow myself to believe that I am beautiful'. 'I desire to trust in my accomplishments'. Use an affirmation such as 'Every day and every way I'm getting better and better' - Émile Coué

When you see something that you want, say:
'This is for me. Thank you' or 'I accept this or more'.

Commitment to breaking this cycle of judgment. Keep your focus on what you're doing and resist the temptation to look over there. This is a practice and needs consistency and commitment to change.



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