

10 WAYS TO STOP COMPARING YOURSELF TO OTHERS



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INTRODUCTION

It is natural for us to compare ourselves with others. We usually use comparing to check how well we are doing. When we indulge in extreme comparisons we end up giving rise to all kinds of problems. Unhealthy comparisons can cause low self esteem, dependency and even depression.

If you are constantly comparing yourself with others and becoming bitter and angry, then you need to stop and rethink.

The techniques in this guide will help you to stop comparing yourself with others in a negative way. You will need to work on these techniques to perfect them so that it becomes your second nature.

There is no miracle solution.



Evaluate your opinion about yourself

How we perceive ourself, is very important to stop making comparisons. Feeling that everyone else is doing better, is a clue that you might be highlighting your weaknesses.

So, check what you really think about yourself?

Write down how do you see yourself as a person.

When you think about this, you may get negative & positive views regarding you. If negative thoughts exceed more than positive ones, you will know that there is a need to change your opinion about yourself & you have to start working towards it.

This won't be easy, but you must do it.



Note Down Your Comparative Thoughts

Whenever you catch yourself comparing to others, write down your thoughts & feelings around it.

Ask yourself:

1. What triggered you to compare yourself to others?
2. What did you say to yourself in that situation?
3. How did you feel after comparing yourself?
4. Analyze if comparing has been beneficial to you.



Replace Your Thoughts & Behavior

On Step 2 you learnt to catch your thoughts and note them down. Now your next step will be to replace the thoughts .

1. Make a list of everything that you say when you find yourself comparing to others.
2. Check if thoughts are helping you or are making you feel bad about yourself.
3. Replace the pointless thoughts with thoughts that inspire you or make you feel good about yourself.
4. Make a daily habit to write down the inspiring thoughts as affirmations.



Practice Gratitude

When you practice gratitude, it steers your mind towards focusing on positive things. And when you appreciate the good things in your life, you will automatically reduce comparisons.

1. Choose a time in the day where you can spend at least 20 minutes with yourself.
2. Think about the positive things in your life.
3. Write down 2 things that you are grateful for every day.
4. Then write why you are grateful for them.
5. Stay with yourself in that happy zone.



Acknowledge Your Wins & Start Glorifying Yourself

When I say Wins, it means the littlest thing that you accomplish. Sometimes we don't give ourselves the credit for what we achieve, and we are better at praising others than our own selves.

So let's flip this attitude and concentrate on our accomplishments.

1. First decide if you want to record your wins daily, or alternate days or weekly.
2. Then take note of the smallest accomplishment that you have done. For ex: you tried out a new thing, you did something for yourself, you did something towards personal development, you practiced being patient etc. etc.
3. Feel proud of your achievement, as what you achieved was something unique to you.



Determine Which Areas of

Your Life You Want to Improve

Again, the purpose of this activity is to focus more on yourself rather than others. Comparing ourselves is a futile activity that ends in no results. So get productive & work on yourself, because that's where you have all control.

1. Choose an area in your life that needs improvement. For ex: Family, Friends, Personal development, Kids, Finance, Health etc.
2. Narrow down your thoughts to what is actually missing in that area.
3. Chalk out a plan on how to enhance that area.
4. Once you achieve it pay attention to how you feel about yourself. That will help you have a better opinion about yourself.



Realize That You Are Your Best Competitor

Competition is natural & like any other thing it could be healthy & unhealthy, but don't forget that you have a choice. You can choose to pick someone different every day and compete with the various things they have or you can choose to compete with the person who knows you the best & that's yourself. The first choice could turn unhealthy, & with the second you have more chances to keep the competition beneficial.

Tips for competing with yourself:

1. At one particular time, concentrate on maximum 1-2 things that you would like to be better at.
2. Keep track of how you are feeling when you see growth & setbacks in your journey, & if there are times you feel low & need help, then reach out to who can assist you.
3. Also record the milestones that you accomplish on the way



Look Inwards Honestly & Appreciate Others Genuinely

Let me describe a scene to you:

You are with a group of friends & you find that you are comparing yourself with someone & you are saying "She is so much more talented than me. She looks so bold & people are charmed by her & no one really bothers what I have to say". And then this conversation with yourself goes a step forward and you start pitying yourself for who you are & ultimately that's the state you stay in.

How do you feel reading this scene?

Let's tweak the above scene now:

The situation remains the same & you are saying the exact same words as in the scene above. But now after that conversation you honestly ask yourself, "Do I really want to be in her shoes? Is there a skill in her that I can develop to improve myself? Is there something I can learn from her? & after that you either choose to say it in your mind or go up to her & genuinely appreciate her for her talents. After all the way she portrayed herself, it made you realize the fact where you could actually improve.

How do you feel after reading this scene?

Make the right choice for yourself!

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Stay Rational With Social Media

Invention of Social Media has been a very helpful one & no one can deny this fact. But people forget that social media was born to benefit us and not to rule us. Social media is a non living thing & can't really influence us. But we are living & we have the power of thinking & we decide how to get affected by what we see or read on social media.

So next time you see something on social media that makes you feel bad about yourself or takes you on the road to comparison, just STOP! & get your rational mind in front & realize that everything that shines is not gold. Also note that: You are comparing your real life with a life that's in pictures. Who can say what's behind those pictures, so don't assume.

Let's bust some myths around the word Perfect

Myth: There is a bar set for perfection. Anything that does not fit it, is below perfect.

Fact: Perfect literally means to be as good or flawless as it is possible. The word 'as is it is possible' indicates that there is no actual bar set for perfection, and thus we can set that bar where ever it is possible for us.

Myth: People are appreciated for their perfectness.

Fact: People are appreciated for their efforts to put in their best.

Myth: It is perfect when everyone is happy with it

Fact: It is perfect when YOU are completely satisfied with it

And so if you ever feel that someone is better than you, or is perfect and you are not, then, take an internal check & find out if:

1. you have set your bar at your possible level or someone else's.
2. you have taken enough efforts to be your best
3. you are absolutely content with yourself or are you waiting for validation from others



You are Flauntastic when your confidence comes from your complete self-awareness, acceptance, & love for your true self.

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