

A close-up portrait of a woman with blonde hair, looking down. The image is overlaid with a soft, ethereal gradient of purple and pink light, creating a dreamy atmosphere. The text is centered in the lower half of the image.

# WAYS TO STOP COMPARING YOURSELF TO OTHERS

# Change your Thoughts and Behaviors



This is an essential step to prevent you from comparing yourself to others in an unhealthy way but it is also the toughest. You have built up this need to compare yourself over several years and these kinds of patterns are the hardest to break. But break them you must.

It will help you when you understand the process involved with making changes to your thoughts and behaviors. The process comprises of a number of stages that increase awareness of the problem and then implementing the necessary change for improved behavior.

The first of these stages is called pre-contemplation. At this stage you are not ready to make any changes and this is usually due to the fact that you do not have enough information about the problem and why you should change.

Next is the contemplation stage where you are thinking about making a change in your thoughts and behavior. You start to think about the positive aspects of making such a change while also realizing that this can be quite painful to do.

After contemplation comes preparation. When you are at this stage you have decided that you want to change and you are in the process of planning how you will do it. After this comes the action stage, where you start to make the necessary effort to implement the change.

The final two stages are maintenance and termination. Maintenance is all about checking that the actions you took to implement the change are still working. You may need to make some tweaks to your thoughts and behavior here. Once the change is on auto pilot it has reached the termination stage.

# Replace any Negative Thoughts with Positive Ones



When you make unhealthy comparisons with others this leads to you experiencing negative thoughts about yourself. These negative thoughts can be very powerful and can drive your self esteem right down and even make you depressed.

When you experience negative thoughts after comparing yourself to someone else then take action immediately by using a positive thought to neutralize it. So for example if the negative thought is “I will never be as cool as her” use a positive thought such as “I am wonderful and can attract all the things that I want in my life”.

An alternative strategy is to think about something that you are good at that the other person isn't. Let's say that you know a person that is a very good writer. When you think about this you experience negative thoughts about your own writing capabilities.

So if you are thinking “she is a better writer than I will ever be” you can think about something you are good at “I am an expert in graphic design and really creative”. If you want to be a better writer then think “I know that I can improve my writing ability by learning from others”.

Neutralizing negative thoughts with positive ones definitely works but you need to be consistent with this. Don't expect overnight miracles. If you experience any negative thoughts about yourself for any reason then remember to use a positive thought every time to change your state.