






Limiting Unhealthy Comparisons: Handout

One way in which we assess how well we are doing, how well-off we are, or how much more successful we are is to make comparisons with those around us. This is called ‘social comparison.’ At times, however, such social comparisons may be detrimental to our happiness and well-being. We may make comparisons with others on areas, abilities or even possessions and end up feeling worse off as a result.

Instructions: *Think of certain individuals with whom you make comparisons with. List the individuals in the first column, and what aspects/characteristics you compare yourself against with regard to the listed individual. Finally, think about whether this comparison is making you unhappy or otherwise. Some comparisons make you feel unhappier than others because these comparisons are central to your own identity. That is, it makes it seem as if others are doing better in an area of life which is personally important or valued by you.*

Person's Name	I Compare Myself With this Person In Terms Of...	Is this Comparison Making Me Unhappy? Why or Why Not?
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Think about what you can do to manage unhealthy comparisons. Try reflecting on your own strengths and list some things you are grateful. Being self-compassionate by reflecting on your own unique strengths and successes can help overcome unpleasant feelings of envy resulting from these comparisons.

Bonus Tip: *Try not logging in and browsing Facebook for a week and see if you note any changes to your happiness!*