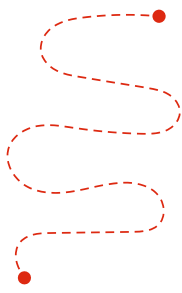


Comparison Trap

6 Coping Skills to Help Get Out of the Comparison Trap



Recognize Your Unique Journey

- Embrace the fact that everyone has their own path in life.
- Understand that comparing yourself to others undermines your individuality.



Focus on Personal Growth

- Shift your attention from others to your own progress and development.
- Set personal goals and work towards self-improvement.

Practice
GRATITUDE

Practice Gratitude

- Cultivate gratitude for your own achievements and blessings.
- Appreciate what you have instead of longing for what others possess.



Limit Social Media Exposure

- Be mindful of the impact of social media on your self-perception.
- Limit time spent on social media and unfollow accounts that trigger comparison.



Embrace Self-Compassion

- Treat yourself with kindness and understanding.
- Remember that you are human, with strengths and weaknesses, just like everyone else.



Celebrate Other's Success

- Shift your mindset from envy to genuine happiness for others.
- Celebrate their accomplishments and use them as inspiration.

Remember, you are unique and on your own journey. Focus on personal growth, practice gratitude, and be kind to yourself. Avoid the comparison trap and embrace your individuality