

The Harm in Comparison and the Games People Play with Humanity

In every society, there is a tendency to measure people against one another. Nowhere is this more visible than in the way women are compared by their appearance. Whether through media, casual conversation, or silent judgment, women are often placed on a scale of beauty, youth or style, as if their value can be summed up in comparison to someone else. This act may seem harmless, even playful, but it is profoundly damaging.

Comparison dehumanizes. It reduces complex, living human beings into categories of “better” or “worse,” rather than honoring each as an individual with dignity, depth, and uniqueness. When women are compared for how they look, their humanity is pushed aside in favor of surface judgment. Such thinking ignores their talents, their resilience, their wisdom, their humor — all the traits that make them whole. It fosters insecurity, rivalry, and unnecessary competition, while diminishing the truth that no two people were ever meant to be the same.

This practice is not only harmful to women, but a reflection of a larger problem: humanity’s tendency to play games with one another’s worth. We see it in workplaces, schools, families, and communities — where people jockey for status, pit individuals against one another, or reduce others to a role in their own strategy. These “games” may give some a sense of control or superiority, but they are corrosive to human connection. They erode trust and respect, and they treat life as though it were a contest rather than a shared journey.

The truth is that humanity is not a game. Our lives are not competitions to be won, but experiences to be lived. When we treat others as pawns, or compare them as though their value rests only on appearance, wealth, or popularity, we miss the very essence of what makes us human: empathy, kindness, and connection.

What is required instead is a shift in perspective — from comparison to celebration. Instead of asking who looks better, we can ask what each person brings to the world that is uniquely theirs. Instead of playing games with each other’s dignity, we can practice respect as the baseline, not the reward. Friendships, families, and communities grow strongest not when we compete, but when we honor each person’s place, as they are.

In the end, time on this earth is too brief to waste on comparison or manipulation. Humanity deserves better than to be toyed with. Women deserve better than to be measured against one another. Every person, regardless of appearance, role, or circumstance, deserves to be seen as whole. Respect is the least we can give each other — and it is, truly, the foundation of a life well-lived.