

Why You Should Stop Comparing Yourself To Others

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Have you ever compared your life, talents, skills, or qualities to those of someone else? It's a natural habit — but one that can prove toxic if you indulge it too often. Comparing yourself to others suggests that you don't have anything to offer the world and negates the qualities that make you unique.

You'll Never Come Out on Top

Writing for Forbes, Lisa Quast points out that you'll **never be the best at everything**. No matter how hard you work out, someone else will have better abs. No matter how many Pottery Barn orders you place, your home will never boast the most beautiful interior design in the world.

When you compare yourself to others, you open the door to an endless wave of envy. To prevent this, force yourself to think of the things you've accomplished. What sets you apart?

You Have Your Own Dreams and Goals

Maybe your best friend always has perfect hair because she has more time in the morning to wash, dry, and style it. Perhaps your coworker wears better clothes because she chooses to spend her money on fashion, while you like to save your cash.

Instead of comparing yourself to those people, consider devoting your mental energy to your own dreams and goals. An [online psychic](#) can help you narrow down your path and devise steps to achieve it.

You'll Kill Your Relationships

Tiny Buddha founder Lisa Deschene identifies **score-keeping** as one of the most damaging ingredients in a relationship. If you're constantly trying to keep up with someone else or prove your worth, the other person will sense your envy.

You don't have to keep up the comparison game. Focus on supporting your loved ones — in both their successes and their failures. Perhaps your love and support are partially responsible for their accomplishments.

You'll Gain an Inflated Ego

Comparison works both ways. Some people compare themselves to others and feel inferior, while others compare themselves and feel superior. Neither is healthy.

Working with your **clairaudient** to develop a healthy ego is a good thing. However, if you create an artificial ego based on your evaluation of others, you'll never know how it feels to achieve satisfaction naturally.

You'll Start Making Excuses

You might also use comparison as an excuse to give up. For example, you might say, "I might as well not bother picking up a paintbrush ever again. My art will never be as beautiful as hers."

A better alternative is to pick up the paintbrush over and over again, regardless of your state of mind, and work to become as skilled as possible. Comparing yourself to others can rob you of the freedom to take pleasure in your passions and hobbies.

It's tempting to scroll through your latest Pinterest board and turn green with envy at the beautiful photographs of seemingly perfect lives. However, real life isn't styled, Photoshopped, or filtered. It's raw and sometimes painful, but at least it's yours to make what you want of it. If you let go of comparisons, you'll find the strength to better yourself without needing anyone else's approval.



Getting comfortable with yourself is the ultimate sign of wisdom.

