

# “How to Stop Comparing” A Step-by-Step Guide

Comparing yourself is natural, but also very dangerous. When you compare, it hurts your ability to small talk and make friends. And the more you do it, the more nervous you actually become. Here’s how you can replace this bad habit with a good one. Something I call “equalizing.”

## **STEP 1:**

First, go outside to somewhere public. The more people the better. A nearby Starbucks, mall, or park bench would be perfect. Anywhere you can sit down and people watch without looking like a creep.

## **STEP 2:**

Now let your thoughts flow as people walk by. Don't force anything and don't judge yourself. Simply observe.

## **STEP 3:**

After 5 minutes, begin to notice your thoughts. Notice the way you analyze people and size them up. Their clothes, attractiveness, gender, confidence, head size, nose shape... whatever. Become aware of what you notice.

## **STEP 4:**

After another 5 minutes, continue to observe but begin to look for times when you "compare up" (think someone's better than you) or "compare down" (think someone's lower than you).

Do you notice the way your mind naturally links back to yourself when you do this? Chances are these are things you're insecure or prideful about. But moving on...

## **STEP 5:**

When you notice yourself comparing down, make up something about the person that raises their value. Anything. It doesn't matter if it's true or not, or how ridiculous or random it is.

In your mind, create a story, turn that person into a character and make up some secret talent or special trait that makes them awesome.



For example, maybe they're fat... but an incredibly dedicated father. Maybe they're homeless... but it's because they donated all their money to orphans.

Having trouble? Go watch [this video](https://www.youtube.com/watch?v=1k08yxu57NA) now. If the link doesn't work, copy this URL into your browser: <https://www.youtube.com/watch?v=1k08yxu57NA>

Notice how people (including yourself) judge and even scoff based on his appearance. But how quickly they learn they are wrong. In the same way, when you compare down, use this exercise to remind you that each person has something amazing to share with the world.

### **STEP 6:**

And if you catch yourself comparing up, do the opposite and make up something that lowers the person's value in your mind. Maybe they're rich... but incredibly lonely. Maybe they're ridiculously good looking... but they're really dumb and have bad breath. Again, these don't have to be very clever. Whatever works for you.

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This video is a good reminder that underneath it all, we are all the same. The beautiful, or the rich or the famous are no better than “the rest of us.”

Now these are just two silly examples, but the underlying principle is important: People are people. We all have our goods, bads, ups, and downs. So stop comparing, start equalizing!