

INTRODUCTION



It is natural for human beings to compare themselves with others. If this didn't take place then nobody would be able to see how well they are doing. Most people do not use comparisons in a good way and end up causing themselves all kinds of problems.

Unhealthy comparisons can cause low self esteem, dependency and even depression. If you are constantly comparing yourself with others and becoming bitter and angry then you need to stop doing it.

The techniques in this guide will help you to stop comparing yourself with others in a negative way. You will need to work on these techniques to perfect them so that everything is on autopilot. There is no miracle solution.

Know how you View Yourself



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How do you really think about yourself? We all have an opinion about ourselves and this is a very important step to take if you want to stop comparing yourself with others in a negative way. You need to be aware of the root cause as to why you keep comparing yourself in an unhealthy way.

This is not the easiest thing to do but you must do it. It is essential for you to break the pattern that you have of negative comparisons with others. You can ask a trusted friend or family member to help you with this task and support you through the process.

Write down how you see yourself at the moment. This will help you to identify the behavior that you need to change. Accept the fact that changing this behavior is going to take time and effort and break everything down into smaller achievable steps.

Take a Look at your Self Esteem



Having low self esteem is a major reason why people make negative comparisons with others. Self esteem is all about the feelings that you have for yourself. You are going to have some negative feelings and some positive feelings. If the negative feelings far outweigh the positive feelings then you definitely need to work on your self esteem.

If you tend to let others control how you feel then this is a sign of low self esteem. You do not want to be reliant on others to feel happy about your life. It is a good idea to work on improving your self esteem every day regardless of how you feel about yourself at this current moment.