

1: The Comparison Trap - Artful Homemaking

Comparison is never-ending and exhausting. The temptation to compare is as near as your next chat with a friend, trip to the store, or check-in on social media. And whether you come out on top or come up lacking, there is simply no win in comparison.

What whispers in your soul have you been silencing out of fear or shame or pressure or expectation? What would happen if you amplified rather than silenced that call and embraced it with reckless abandon? We are all called by God to share in His life and in His Kingdom. Each one of us is called to a special place in the Kingdom. If we find that place we will be happy. If we do not find it, we can never be completely happy. For each one of us, there is only one thing necessary: I was looking for a way to stay healthy, and my best friend talked me into running the Chicago Marathon to raise money for a charity that works with children. I was nervous at first. So I bought some running shoes and began. When I first began training, it was humbling to realize how out of shape I had become. Yet I would faithfully get up early to run laps around Central Park. The park is the lung of Manhattan; it lets the ambitious and driven residents breathe in a few moments of freedom from the pressures of urban life. And if you get there early enough, the park is almost deserted and you feel like the whole place is yours. I started running the lower loop, trotting along at an embarrassing pace. At first I would feel content and happy with the morning solace. But people, one after another, passed me. My soul flinched a little as people sped by while I was giving it all I had yet making so little progress. The tank was empty. Discouraged, I slowed to a walk, breathing heavily, outdone by a senior citizen. I contemplated abandoning my plan to compete in the marathon. But as I was walking, I was seized by a new thought. I had no one to compare myself to. I was undertaking this race to do good for children, not to compete against forty-seven thousand other runners. I knew then that I had to run my race and that unhealthy comparison could lead to serious injury, burning out, and possibly even death. A sense of freedom washed over me. This revelation changed my training. I began comparing myself against my own goals and pace, and I was making real progress. Months went by, and though sixty-year-olds still left me in the dust, I simply smiled and marveled at their discipline. One humid Chicago morning, I lined up with thousands of other registrants, eager to test my training against the course. I ran with a friend, Stieney, who had spent many late nights doing laps with me and was committed to helping me finish. The gun went off, and rather than sprinting, I jogged along in a delirious shuffle. The temperature was ninety-nine degrees the year I ran the marathon, and at mile seventeen I hit the wall with tremendous force. But with determination and grace, I kept going. Any thoughts of comparison were pushed from my mind by the sweltering heat; I just had to finish my race. The next few miles were excruciating, and every step felt like the last I would take. At mile twenty-five, the roar of the crowd kicked in. It would be a medal not for winning but for running my own race. A medal not for finishing first but for finishing the race I was called to run. Excerpted from *The Burden is Light*:

2: THE COMPARISON TRAP AN ONLINE BIBLE STUDY FOR YOU! - StoneGable

The Comparison Trap You know those people who have more than youâ€™ money, acclaim, looks, whatever? The spike of envy they trigger is natural, and social media is primed to amp it up.

Email 0 Shares A few weeks ago some very sweet friends of ours took us apple picking at their family-owned orchard. After helping us pick, they sent all the apples home with us! Since I had such an abundance of apples, I was looking forward to preserving them in a variety of ways. I made 7 pints of apple butter one day for the freezer, and then I set aside the following Saturday to do some canning. My two older daughters joined me in the kitchen, and we had a fun time cutting apples and just being together. We started the dehydrator and filled it with apple slices while the stock pot filled with apples cooking for applesauce. I also made apple juice in preparation for apple jelly. I was pretty weary by the end of the day, and I also got a second-degree burn on my forearm in the process, but it was so worth it when I admired my five beautiful quarts of homemade sugar free applesauce. I felt exhausted but happy with all I had accomplished. I typed in a new status on Facebook: I canned 5 quarts of applesauce, dehydrated some apples, and made apple juice for some apple jelly. And then I started thinking, How is that even possible?! I scrolled down a bit farther and saw a lady on the Trim Healthy Mama Facebook page posting a testimonial: I felt like a loser. Somehow, in reading about their lives and comparing myself to them, I started feeling sorry for myself. I forgot to be thankful. In comparing myself to others, I realized that I was sinning and not being thankful for what I have been given. When I repented of the sins of ungratefulness and envy, I was able once again to enjoy the blessings that are part of my own life. Especially as we read blogs and interact through other social media. But we need to remember that we each have our own life circumstances. Our own blessings and difficulties. Do you ever fall into the trap of comparing yourself with others?

3: The Comparison Trap - Made in His Image

The Comparison Trap You'll never be content on the inside if you're always looking at what other people have on the outside. Let's talk about how to avoid The Comparison Trap.

I spoke to a room full of intelligent, dream-filled, go-getting women about how often we fall into the trap of comparing ourselves with others. As leaders and even as volunteers, we often run into thoughts of how we gauge ourselves against others. Here are four prescriptions to help you fight the feelings that fuel comparison: Replace I read an article the other day that said was the year of anxiety. Mass violence has created social and crowd anxiety. Hurricanes, all the wildfires, droughts, tsunamis, earthquakes, and flash floods. We are constantly being bombarded and over stimulated with news, content, and images. Our generation is one of the most anxious and fearful populations, and we live during a time of relative peace, prosperity, and safety. Why are we so afraid?! Research shows us that we are only born with two fears: Everything else is learned, which means everything else can be unlearned. As leaders, we are often afraid that we will not be good enough. That we may fail. Afraid of a blank. It almost turns into a self-fulfilling prophecy. It will just keep coming back stronger and stronger. But he who fears has not been made perfect in love. We can replace it with love, replace it with actionable steps, replace it with a shift in our focus. Mitch has a 3 Bucket technique of overcoming worry. He suggests asking the following three questions and then placing each in one of the three buckets.

4: The Comparison Trap | INALJ

I first got sucked into the trap of comparison in middle school. When I entered sixth grade I didn't think too much about how I looked. I wore the same oversized sweatshirt to school every day and slicked my hair into a perfect half ponytail each morning. I had big ambitions. I dreamed of one day.

After you get a promotion at work, are you smug to your coworkers? When you look at your friends on Facebook, do you feel jealous of them because you think their lives are much more exciting than yours? Because once we start, we find ourselves becoming more and more enslaved to negative thoughts. So, how can you get out of the comparison trap? There are three things you need to do. First, be aware of your triggers. You may think looking to someone else for their approval will make you feel better about yourself. Instead, try to discover what triggers you to feel insecure or to compare yourself with others. Make a list of who you have compared yourself to in the last 24 hours. Ask yourself these questions: When do I compare myself to others? Who makes me feel inferior or superior? Does someone trigger a difficult memory from my past? Becoming more aware of your triggers will help you overcome any unhealthy patterns and negative thinking. If you need help with how to deal with triggers, you can talk with a Christian counselor. Second, be honest about your insecurities. Despite your protective layer of feeling inferior or superior, the truth is, you still have insecurities about yourself. A Life Recovery Group can be one of the safest places for you to share about these insecurities and other struggles. Take the risk to be honest of what you are insecure about and ask for insight from the group. You can also work on areas of your life where you feel insecure. Perhaps you are struggling with your job. Consider working on developing your skills so you can feel more competent in your work. Or perhaps it is self-esteem. Explore your talents and gifts and develop the things that you enjoy doing. If it is your health, begin a new eating plan or exercise plan to incorporate a healthy lifestyle. And last, but certainly not least, spend time learning about how God feels about you. You are loved as you are and God has a great plan for your life! We all have so many things that we take for granted, especially when we are focused on othersâ€”when envy and jealousy rule our relationships. Research shows a multitude of physical and emotional benefits to keeping a journal about gratitude. When you practice gratitude, it will reduce your focus on what others have. We are all so very blessed. For example, if you are reading this article, be thankful for your ability to read, and understand. As well as having the ability to use a computer, for electricityâ€”the list can go on and on! When you focus on these amazing blessings, you will have a lift in your mood and spirit! You can end your writing time with a thanks to God! If so, be aware of your triggers and be honest with others in your life. After all, you have so much to be thankful for! We all have struggles in life; struggles with addictions, food, depression, anxiety, and relationships to name a few. But we approach recovery from different angles. Some want a formal recovery meeting with a traditional recovery experience. Others want a recovery experience in a small informal group, or in an existing group they are already comfortable with at their church. And some may prefer learning about recovery at their own pace before jumping into a group or meeting experience. This is the beauty of Life Recovery.

5: The Comparison Trap, Part I “Volunteer U

I am not a "car person" or so I thought! And I really didn't think comparison was a trap I usually fell in to. Until recently! Bobby and I started looking for a new car. I have always driven the new car and Bobby got the old car. That's just how things worked. And I was happy with the way.

I was a young mom, interested in homeschooling, who noticed all of these amazing, well-behaved children who respected their parents. I wanted children like that! As time went on, our family thrived with homeschooling. However, my children squabbled with one another. They were not perfect. Comparing Ourselves to Other Families Over the years, I met so many moms who did so many cool things. I discovered homeschooled children who could compose symphonies, translate Dickens into Latin, and win prizes at debates. My kids are amazing, smart, funny—and flawed. To enjoy and appreciate my children for who they are, I had to ditch the idea of comparing them with other children. I do know this: When I stopped looking at other families and started zeroing in on my own children, I could appreciate their gifts and live with their flaws. Cultivating Strengths My oldest daughter was a reader and a nurturer. I gave her plenty of books, and opportunities to love on her younger siblings, and other little ones at church, where she quietly served in the nursery and babysat. Julianna was a strong leader, so I provided opportunities for her to manage projects, like getting us out the door for a field trip, when she was younger, and planning the details of our vacation when she got older. I looked for their strengths and capitalized on them. I had really been focusing on overcoming all their weaknesses, so they could be like the other homeschooled kids I saw around me, or maybe like those ideal kids I saw in my mind. I did challenge them to learn to sing or speak in front of an audience, but I did it gently and slowly, building their confidence. Ironically, all of my children sing, play music, dance, or speak in front of others today. By focusing on their strengths and putting them in many comfortable situations where they could shine, they were then willing to step out in uncharted territory to try something new, even if it was out of their comfort zone. Are you trying to fit your son or daughter into a mold? Do you want him to be like the boy next door, or her to be like the little girl in the homeschool co-op? You can get out of the comparison trap! As you find ways to cultivate their strengths, you will begin appreciating the children the Lord has given you and letting them become who God has called them to be. After all, who can measure up in the comparison trap? For More Encouragement Here are some more posts to encourage and equip you to homeschool with joy and success: Ladies Heart to Heart: Love Changes Everything <https://www.hearttoheartmag.com/2015/05/love-changes-everything/> She is the author of Joyful and Successful Homeschooling <https://www.powerlineprod.com/joyful-and-successful-homeschooling> You can check out her books, curricula, unit studies, and Bible studies at PowerlineProd. Free Reading Lists <http://www.powerlineprod.com/free-reading-lists> Read her blogs at <http://www.powerlineprod.com/blog>

6: The Comparison Trap - When You're Not As Good As Them

The Comparison Trap Whenever you pass your attractive neighbor, do you feel a twinge of insecurity because you think she's more attractive than you are? After you get a promotion at work, are you smug to your coworkers?

Heart It has occurred to me that our culture consistently and relentlessly encourages us to compare ourselves in so many ways to everyone else that we are in danger of losing our individuality and uniqueness in an effort to be what others tell us to be! I know that may sound a bit dramatic, but I believe this can be especially detrimental to those of us with chronic disease. We struggle enough with positive self-image and so to be comparing ourselves can truly lead to a crisis in our ability to move forward in a variety of arenas. Some days I am simply thrilled to get out of bed and prepare a decent breakfast which may mean a cup of coffee and a granola bar. And how about the exercise suggestions out there? Well, for some of us, that is patently absurd. I want to feel that what I am doing is in line with my disease activity and is just fine, thank you very much. The same goes for appearance. I am pretty happy to get up, take a shower, get dressed, put on make-up I really need this, but not everyone does, and start my day. I do not need to be told how necessary it is to keep up with the latest fashion in clothes and shoes. I choose what to wear on my body and feet, primarily for comfort and purpose these days. I do try to select items that will work with my body at any given time, but that changes over time and depends on the circumstances. If I am carrying a little more weight than I like, I will likely choose clothes that will allow for that. And if my feet are bothering me, I will go for shoes that support my feet while providing comfort. If I give in to the comparisons, I will regret it on so many levels, not the least of which is a likely flare. Financial comparisons are scary too. I think I am pretty secure until I allow myself to be compared and told to seek a better home, a better car, a better whatever. Relationship comparisons are a trip too. I adore my husband and we have, what I believe is a wonderful marriage of 41 years and a great relationship. Am I somehow inadequate, less than appealing, etc.? We are all unique and special and totally different and we need to embrace that, not try to fit ourselves into some regimented formula of who we should be. This trap is perhaps the most damaging of all. It can eat away at your confidence, your ability to make good decisions, your motivation, etc. Remember that each of us responds to our circumstances in our own way, in our own time and with the skills and strategies that we each bring to the table. So my message here is embrace your uniqueness! We are all individuals and we need to respect that. We cannot let outside forces rule our lives or steal our confidence. Traps can be avoided with awareness. Nan Sign up for emails: [Subscribe](#) By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at [contact RheumatoidArthritis](#). Try again or let us know at [contact RheumatoidArthritis](#). This article represents the opinions, thoughts, and experiences of the author; none of this content has been paid for by any advertiser. Learn more about how we maintain editorial integrity [here](#).

7: Comparison Trap on the App Store

The temptation to compare is as near as your next chat with a friend, trip to the store, or check-in on social media. It's never-ending and exhausting. And whether you come out on top or come up lacking, there is simply no win in comparison. It's a trap. This 5-day plan from Sandra Stanley will help.

A lie from the enemy. Satan is a liar. When comparison fills your thoughts, it tends to cloud things, making it hard to see the truth. When you compare yourself to others, know that it is not from God. Jesus is a truth-teller. Jesus is life giving. Comparison is NOT life giving. I think Satan has us convinced that life is a zero-sum game. That if someone else experiences a win, then it must mean that I have experienced a loss. That if someone else is praised, then it must mean that I have failed. That if someone else receives a compliment, then it must mean that I am not good enough. My friends, this is a lie. There is no room for this in the kingdom of God. The kingdom of God is a positive-sum game. When my brother or sister in Christ experiences a win, I also win. A thief of joy. Comparison can diminish joy in an instant. So we try to change ourselves to be more like celebrities, our classmates, or our friends. So that we can be less than God created us to be? Satan is a tempter. He tempts you and I every day. He even tempted Jesus. Whenever Satan tempts you to compare yourself to others and see how you stack up, it takes a deliberate, conscious decision to say no to that. But the good news is that YOU get to choose which voice is going to be louder. You get to silence those lies by calling on the name of Jesus whether that looks like worship, prayer, opening your Bible, or simply loving on a person. The choice ultimately is yours. Centered around me, and not around Christ. Comparison often stems from a place of low self-esteem. Maybe for you it sounds like this: They lead to a nasty trail of jealousy and comparison. Those statements turn into this fill in the blank: They find every little thing that is wrong with me and magnify it by ten. The equation is simple, really: For the first time in my life, I realized that my low self-esteem was directly correlated to a level of self-centeredness. Amidst my tears and struggles in that moment, she assured me that God, when he humbles us, does so ever so gently. He does not condemn us, but rather he in his great love invites us into his grace. She also assured me that one could be healed from this disease called pride. All you have to do is simply turn your gaze heavenward. Stop dwelling on all the ways in which you think that you are not enough, and look at all the ways in that He IS enough. Take a moment to stop focusing on self and instead focus on the One deserving of your attention. When you do this, you are free from worry and you are free to listen. And if you listen, and I mean truly listen, I think we can hear God saying this back to us: Why do you wear yourself out trying to see how you stack up to everyone else? Why are you letting jealousy take root? Your value does not lie in your abilities. Your value lies in the Jesus in you. So do not worry so much. You are good enough. You are adequate enough. And when you fail, I am there. Where you lack, I will give you strength. I will get glory, even in your weaknesses.

8: The Comparison Trap | www.enganchecubano.com

But she was caught in her own comparison trap, measured her success by the wrong thing and ruined her own happiness. Comparison is a liar who says our best won't ever be good enough. Measuring your success through comparison is a recipe for failure. <- Tweet it.

Bobby and I started looking for a new car. I have always driven the new car and Bobby got the old car. And I was happy with the way things worked. Bobby had been hinting that he would love a truck. And then this not-a-car-girl started to compare the older model car that I would be driving to the fabulous cars most of my friends drive. And the thought of driving an older model car, wellâ€¦ sorta embarrassed me. I was smack dab in the grips of comparison. Being a blogger it is so easy to get sucked into the comparison trap. We create beauty and take beautiful photos and write about beauty and saturate social media with lots of beautiful ideas. But are they beautiful enough? How do I compare to all the other bloggers I rub shoulders with. So, instead of finding joy in the fact that Bobby my darling, wonderful, self-sacrificing husband gets his dream truck after 34 years of getting the old handoff I was embarrassed about driving a perfectly nice second car! And instead of delighting in rekindling amazing friendships from the past, I am now overly concerned with how I look and the few okay many extra pounds I have put on. And for all the over-the-top fabulous accolades I get from readers all over the world I am worried that what I produce is not beautiful enough? And this is from a girl who does not think she has an issue with comparison? Oh, think again, Yvonne! Beth Bryan, the amazing blogger and author of Unskinny Boppy asked me a few weeks ago if I would like to be a part of something very special. And she invited me to be a host!!!! I jumped at the chance! And if I need this you may too! We will talk and share and you can too! We will be getting real so we want you to also! Tonight April 30th come on over to our Facebook group and Beth will be giving a live introduction to our study at 9: You can find it [HERE](#). So download the app and make sure to listen to a short talk about comparison before you begin. Each new study week one of us will kick off what we will be studying in a Facebook live chat. I would love you to join us on this 28 day God-filled adventure! Please share the graphic belowâ€¦. ORâ€¦ This post contains affiliate posts.

9: The Comparison Trap - Q Ideas

Last weekend, I had the privilege of speaking at a Ladies Event. I spoke to a room full of intelligent, dream-filled, go-getting women about how often we fall into the trap of comparing ourselves with others.

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