

# 50 Ways to Beat Comparison

1. Call it what it is – call it comparison – call it sin – call it something that's hurting you. That's not your friend.
2. Speak truth: You are not her.
3. Get over scarcity mentality.
4. Understand that comparison does not define what's possible in your world.
5. Comparison is not your ruler/a good ruler.
6. See how comparison spits on uniqueness.
7. Don't let comparison tell you where you need to be, it's not God.
8. Don't let comparison tell you how you should look.
9. Don't let comparison tell you what you should accomplish.
10. Don't let comparison dictate your purpose.
11. You can't talk yourself out of comparison. It's a heart issue.
12. See how comparison does real damage to your relationships.
13. See how comparison affects your marriage.
14. See how comparison affects your friendships.
15. See how comparison impacts your parenting.
16. See how comparison affects your work.
17. Stop picking up your phone every 36 seconds.
18. See how comparison keeps you stuck.
19. See how comparison changes your wants into needs.
20. Call out comparison as darkness, not light.
21. Stop making assumptions about the way other people live.
22. Comparing yourself to someone else does not make you normal.
23. Acknowledge when you are most tempted to compare.
24. Write a list of times when you feel "triggered" to compare.
25. Cut out these "triggers" for 21 days and see if you feel different.
26. Stop and be mindful. Ask yourself: How did I feel earlier today? How I feel now that I've compared myself to \_\_\_\_\_. What aspect of myself I compared. What lie do I believe about value?
27. See comparison as a thief and inventory what comparison has stolen from you.
28. Write a vision statement for a comparison free life.
29. Understand perfectionism.
30. Stop idealizing/idolizing yourself.
31. Learn how to rest. Practice the Sabbath
32. Understand contentment doesn't = happiness
33. Stop idealizing/idolizing others.
34. Excavate expectations.
35. Escape expectation'
36. Explore your old names—how you see yourself.
37. Allow God to reinvent your identity. Comparison is built on what your ideals of a perfect life are, when you reconstruct what that looks like, your comparison will change. Stop comparing the old you (old names) to others.
38. Improve Christ-esteem, not self-esteem.
39. Feed yourself well – spiritually. A starving soul will look for nourishment from comparison.
40. Understand that getting what she has won't make you happy.
41. Don't give up. Apathy doesn't cure comparison.
42. Change the narrative in your head, appropriately. Talk to yourself using the truth of scripture, not truisms. Don't pep talk yourself out of comparison. Allow God to change your heart which will change your head –renewing of the mind.
43. Fast from your mirror.
44. Remember this: if God can meet your biggest need –salvation, he can meet every need on earth and how that eliminates fear of lack. Acts 20:24 –nothing moves me, I don't count my life dear unto myself, but finish my course. Don't count your life too dear to yourself.
45. Do an unforgiveness protocol. Are there people you need to forgive? Is unforgiveness keeping you back?
46. Do a fear inventory.
47. Write the lies you hear. Then, write the truth of scripture beside them.
48. Write your identity statement. Who are you? What are you really about? What's your purpose here as you see it so far – these things can help you stop comparing.
49. Change your scorecard to count the points that matter – not on social media likes, or on the scale.
50. Find accountability. Be honest in relationships. Confess when you compare.