

Comparison

When I am in comparison

I can destroy myself with the words, “I am not good enough.”

Fly to “fantasy land” where I am better than, or more than anyone or anything

I can mentally destroy the person I am comparing myself to. Exaggerating their dark side and passing judgment on their human flaws.

“Expectations lead me to comparison, and then I find myself on the road to scarcity.”

- Gina LaRoche

A Journey Through: *Comparison*

I ride my bike.

At 6:30 am the road is busier than I expected.

The houses are all bigger than mine.

The yards' are all immaculate compared to mine.

All the other riders are faster than me with better bikes.

The hills are steeper at 6:30 am.

I am tired.

A flock of turkeys graze.

The first rays of sun caress my cheek.

My neighbor has an apple tree I have never noticed.

Scarcity awakens with me and lives in me effortlessly.

For sufficiency to emerge, I must give birth to it daily.

Care for it, embrace it, and nurture it.

I am reminded of my birthright.

I am enough.

I choose sufficiency.

The Inquiry Into: *Comparison*

1 *How much time do I spend comparing my weight, finances, or relationships to other people?*

2 *Are there particular people I frequently compare myself to?*

3 *When I am comparing myself to a past time in my life or to a friend, do I experience love or scarcity in those moments?*

4 *When I am comparing myself to something or someone, what am I trying to accomplish?*

5 *When I find myself comparing, what feelings arise and where do they live in my body?*

6 *What secret pleasure do I receive from comparing myself to my neighbor, sibling, or co-worker?*

~ pause ~

My Action For: *Comparison*

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Practice, Practice, Practice:

Start slowly. Can you have a comparison-free hour today? Can you go an entire day? How about two days? A week? Track yourself.

Is there an activity I can engage in that helps me stay comparison-free? What mantra can I say when I find myself comparing? What is life like when I am not comparing me to myself or anyone else?