



The Comparison Trap

Why do we always compare ourselves to others?

We often compare our lives with other people's lives. We see someone's new job, beautiful home, or exciting trip and think, "Why don't I have these things?" But we usually see only the best part of their lives. We don't see their problems, worries, or difficult days.

Comparing ourselves too much can make us feel unhappy and less confident. Instead of looking at other people, we can focus on our own progress. Everyone has a different life and a different journey. The most important person to compete with is the person we were yesterday.



EXERCISE



Which word is the odd one out?

- 1 compare
- 2 progress
- 3 confident
- 4 Beautiful

Choose the missing word!

We usually see the _____ part of other people's lives, not their problems.

- 1 Best
- 2 difficult
- 3 different
- 4 same



Answer Key

Exercise 1 → Beautiful

Exercise 2 → Best

