

THE JORDAN HARBINGER SHOW

Worksheet for Deep Dive | How to Stop Comparing Yourself to Other People (Episode 22)

Comparing ourselves to others is not something we uniquely experience; it's a widely occurring phenomenon hard wired into the human condition. This comparison of ourselves to others presents an interesting paradox, however: there are times where it's very necessary to our growth, and other times where it can predictably undermine us at every turn.

In [episode 22](#), Gabriel Mizrahi joins Jordan to take a deep dive into why we all compare ourselves with other people, the pros and cons that arise from this, and what we can do to filter out the unhealthy comparisons we inevitably make.

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Everyone Has a Blooper Reel

Early in the episode, Jordan mentions that one of the common pitfalls is that we tend to compare our blooper reel to other people's highlight reels, and that social media makes this increasingly easy to do. Later in the discussion, Jordan and Gabe circle back around to this idea when Gabe describes how the abstraction of ideas compared against ideas can be a hall of mirrors. In short, your perception of yourself is compared against what someone else is choosing to share about themselves, which is filtered through their perception of themselves, which is filtered through their own comparisons.

Spend a few minutes thinking through environments, either in real or virtual spaces, in which you tend to compare your blooper reel to the curated highlight reel of others.

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Focus on how you tend to feel after mentally engaging with those environments. Drained? Irritated? Inspired? Indignant? Write down some tangible ways that you can reduce your stimulation from these environments and/ or be more mindful of your tendency to compare. As you write your ideas down, it may be helpful to also jot down some logical “self-talk” talking points in which you recognize that your comparisons in these cases are based on skewed perceptions that lack the full contextual reality.

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Three Motivations for Comparison

Gabe shares that there are three main motivations for comparing ourselves to others:


1. **Self assessment** -- comparison for the purposes of looking at ourselves objectively to see how we stack up.
2. **Self enhancement** -- comparison for the purpose of making ourselves feel better about ourselves.
3. **Self verification** -- comparison for the purpose of confirming our already existing opinion of ourselves.

The third motivation tends to become a particularly insidious form of confirmation bias.

Take some time to objectively think of at least three negative beliefs that you hold about yourself. Write them down on the next page. Now think of at least three deeply positive beliefs.

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For each positive and negative belief, think of a few recent times when you compared yourself to others to *reinforce* those beliefs. This may require some uncomfortable self-reflection, but really focus on being honest with yourself. Once you complete this exercise, write down a few ways that you can be more mindful of your tendencies in the future, and what you'll do to break the cycle once you become aware.



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The Distance

Throughout the episode, both Jordan and Gabe reference work by Leon Festinger, a social psychologist who developed social comparison theory. One particular observation made by Festinger was that the tendency to compare ourselves to another person decreases as the difference between our opinion or ability and the other person's increases. Jordan and Tali Sharot unpacked a similar similar concept related to beliefs in [episode 16](#) where Tali stated: "The further away that new piece of evidence is from our current belief, the less likely it is to change the current belief..."

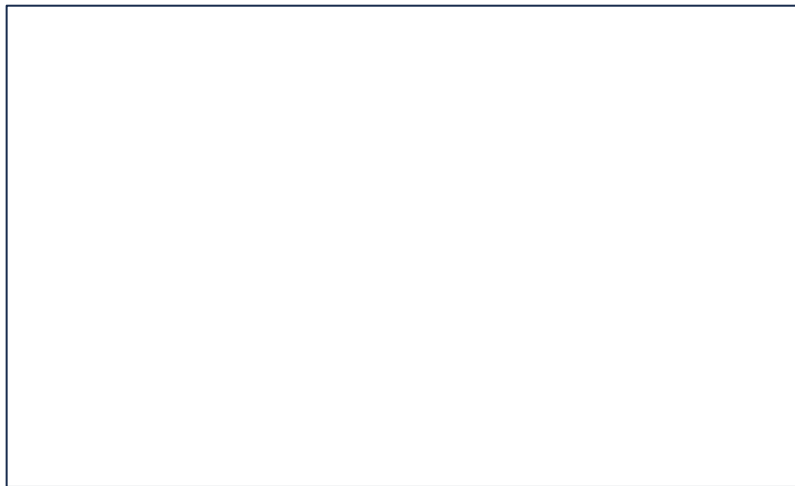
Since we know that our beliefs about ourselves really do matter, let's take a moment to consider the inverse of the above ideas: that with "proximity," whether that be physical, mental, or emotional, our tendency to compare ourselves to those in our various tribes and have our beliefs be affected will increase.

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In the context of self-comparison, Gabe shares how our “tribes” can be a bit different than we usually think of them. They could be peers at the gym, people we’ve sought out on social media, or coworkers, for instance. They fill specific niches.

Consider how you choose your “tribes” -- the people to whom you compare yourself. Write down some observations in response to the following questions: Why do you choose those particular people? Do you notice that people who are closer to you in opinion or ability tend to affect your beliefs of yourself more strongly? How can you be more intentional about choosing the groups to which you compare yourself? What can you learn about your perceived weaknesses and strengths from assessing the people to whom you compare yourself?

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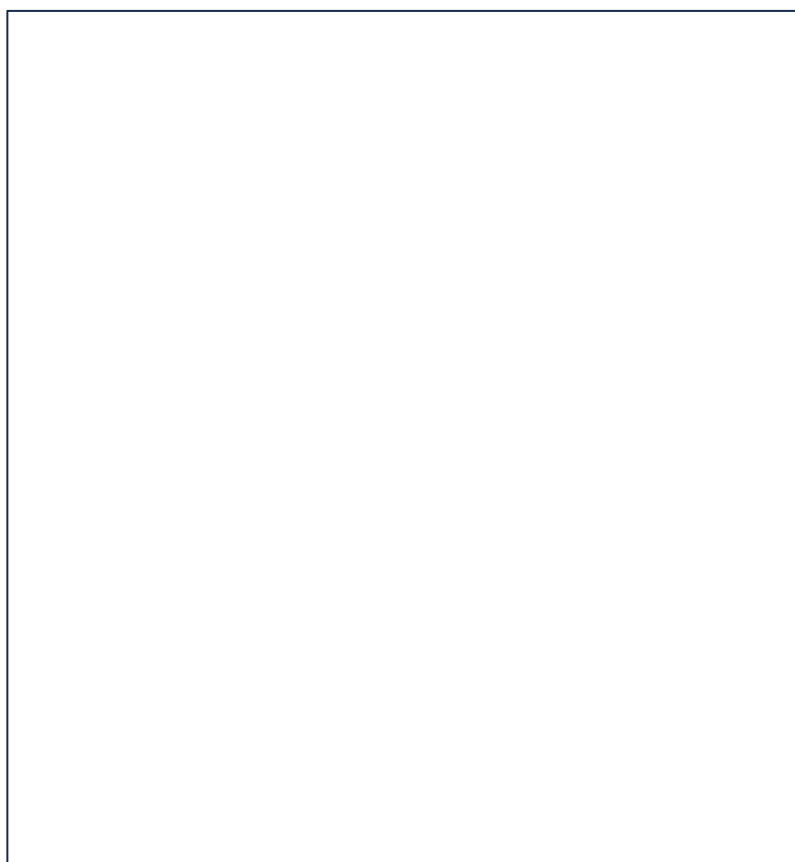
Practice Makes...Perfect?

Gabe mentions how being mindful of and taking ownership of our tendency to compare takes practice. It's not a "one and done" kind of exercise. He recommends asking yourself some questions honestly on an ongoing basis:

1. Why are you comparing yourself?
2. Are you trying to understand something about yourself or are you trying to confirm something about yourself?
3. What conclusions do you find yourself drawing, not just about yourself, but about other people?

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Ask yourself these questions over the course of the next three weeks. Track your responses and track the ways in which your mindset starts to change with repetition.



Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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