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## Pod #483: Tapping for Comparanoia

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I recognize that I compare myself to others...It isn't necessarily a bad thing to be drawing a comparison...Looking to others as a way to learn...Looking to others to see a possible way forward...Looking to others is a way of seeing what is possible...But it's easy for me to fall into the trap of using how others are presenting themselves as the standard that I am holding myself to...As the measurement as to whether or not I am doing a good job...As a way of seeing if I am being successful at life...The problem with doing this is it is not a fair comparison...I am not comparing like for like...I am comparing how other people are presenting themselves with what I am experiencing inside my own head...With what I am feeling inside my own heart...That is not a fair comparison...Everyone is trying to put on a brave face...Everyone is trying to show their lives at their best...So what others are presenting is not a full representation of their experience...And when I make this sort of comparison...I'm not treating myself kindly...Because it is not a fair comparison...When I look at other people's social media feeds and feel bad...It's because I am comparing my true self to their presentation of what their life is like...I give myself permission to be easy with myself...I give myself permission to recognize the truth about the way people present themselves in the world...I want to continue to strive for better...I want to be healthier...I want to be more successful...Comparing myself to others is not a useful way of doing that...I give myself permission to let go of the comparison...I recognize that sort of comparison is not fair to myself...This does not mean I'm going to stop trying...This does not mean I'm going to stop improving...It simply means I'm going to choose a more accurate comparison to see if I am achieving my goals...It is time for me to compare myself to myself and no one else...I can do this honestly...I can do this fairly...I can do this and keep evolving without being overwhelmed by the comparison.



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This transcript is from the Tapping Q and A podcast. A complete podcast archive can be found at <http://TappingQandA.com/podcast>