



Ending the Comparison Game



Notice your thoughts and harness them

Stop negative, repetitive thoughts. Stop playing the reel of disappointments and offences. Actively swap them with thoughts of the beauty to be appreciated, thoughts that are hopeful and lovely. Seek out the good around you and believe there is much good to come.

Journal

Whether you do a brain dump, a gratitude list, free flow journaling or just write out your thoughts, journaling causes your brain to make connections that calm your emotions, promote problem solving, helps you make decisions, feel a sense of control, and fosters a deeper understanding of yourself and others.

Praying

Submitting ourselves to the powerful and loving God of the universe is so freeing, knowing He cares deeply about how we feel AND He created us in this time and place with purposes unique to us, releases us from needing to compare ourselves with others. Just talk to Him. He hears you.

Friendships

Develop friendships with women who see you, care about you, love your kids, don't let you stay stuck in the "complain" mode, but rather, pray with you, encourage you to get help, bring you meals or coffee, and increase the fun factor of your life... you know, the true blue kind you only hear about in movies. If you become a friend like that, you will find friends like that.

Life Coach

Find a life coach. They won't tell you what to do, but will ask you good questions so you can discover the answers yourself and gain the confidence to have a voice and act on what you CAN do in the circumstances.

Uplifting, Soul Feeding Music

Listen to positive music such as worship music. Don't listen to the music that feeds the negative refrain in your heart and mind.

Take Control

of some of the tangible things that you can actually control. Meal planning, doing a load of laundry from start to finish each day. washing your dishes, brainstorming with your kids some traditions your family can do that are uniquely yours. Taking action shifts something in our minds and emotions in a powerful way.

Forgive Yourself

for those things you wish you had made better decisions on, which might have given you different circumstances. Do this through prayer and by writing a letter to the 16 year old version of yourself, so full of ideals and hopes... Write to that young woman with deep compassion, encouraging her and advising her for the journey ahead - not changing her decisions, but preparing her for them. It is POWERFUL! You will have so much empathy for that teenage girl which translates into empathy and forgiveness for the middle aged you.