

# THE COMPARISON GAME

with Christna Stubbs

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## Week 4 Worksheet

**Name:**

**Date:**

Think of a specific person in your life that you compare to other people. Think deeply about why you're always inclined to compare this person to someone else.

If the person you wrote about does not change/conform to your expectations of them, would you still be willing to keep him/her in your life?

To better empathize with the people in your life that you often compare, list three emotions that you think you'd feel if someone you loved always compared you to someone else.

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