



Who Do We Compare Ourselves With?



Understanding comparisons

Module 3 • Worksheet 1

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 *Think carefully and answer honestly — this is just for you!*

PART A — Who Do You Compare Yourself With?



 Who do you compare yourself with most often?

Tick all that apply:

- ☐ Actors / Actresses
- ☐ Influencers and social media personalities
- ☐ Models (fashion, fitness, etc.)
- ☐ Athletes and sportspeople
- ☐ Friends and classmates
- ☐ People I see in photos or videos online
- ☐ People I know personally
- ☐ Other:



🤔 Do you tend to compare yourself with people you admire, or with people you don't like?

- ☐ Mostly people I admire and look up to
- ☐ Mostly people I don't really like
- ☐ Both, it depends on the moment
- ☐ I don't really compare myself with anyone

PART B — Where Do You See Them?



 **Where do you usually see the people you compare yourself with?**

How often do you compare yourself with people in each of these settings?



Instagram / TikTok / YouTube ☐ Never ☐ Sometimes ☐ Often ☐ Always



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PART C — What Parts of Yourself Do You Compare?



Number them from 1 (most often) to 8:

Rank: Physical appearance (face, body shape, weight)

Rank: Hair and style

Rank: Clothes and fashion

Rank:	Skills and talents
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Rank: Grades and intelligence

Rank: Popularity / how many friends I have

Rank:	Personality and confidence
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Rank: Other:



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- ## PART D — How Do You Feel After Comparing?

Rate how you typically feel:

About your appearance	☐ 😞 Bad	☐ 😐 Neutral	☐ 😌 OK	☐ 😄 Good	☐ 🌟 Great
About your personality	☐ 😞 Bad	☐ 😐 Neutral	☐ 😌 OK	☐ 😄 Good	☐ 🌟 Great
About your abilities	☐ 😞 Bad	☐ 😐 Neutral	☐ 😌 OK	☐ 😄 Good	☐ 🌟 Great
About yourself overall	☐ 😞 Bad	☐ 😐 Neutral	☐ 😌 OK	☐ 😄 Good	☐ 🌟 Great

 Why do you think comparisons often make us feel worse rather than better?

💡 Remember: we always compare our weaknesses to other people's strengths — that's never a fair contest! 🍌



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