

Stop Comparing Yourself to Others

In my workshops and training sessions on "How to Build Rapport, Relationships and Connect with Others," one of the biggest stumbling blocks that gets in the way of people achieving their goals, sabotaging their success and building lasting relationships is self-doubt and comparison with others. If the following statement looks familiar, stop the self- condemnations - Now.

"Look at that Melanie. She always seems so confident, so vivacious. What's wrong with me?" There will always be people who turn us green with envy. They're so refined, so savvy, and they seem to have it all. Logically, we know that nobody's perfect or gets it right 100 percent of the time, not even the Melanie's of the world. But chances are, it's the failure to measure up to our own self-imposed standards that renders us feeling "not good enough."

Most of us can be fairly hard on ourselves, maybe even brutal. While we may accept the flaws and shortcomings of others, we hold ourselves to a stricter standard. When you focus only on your flaws, you're probably discounting or overlooking your strengths and virtues. Work to counter that negative bias. Assess your strengths. Gain a more accurate, balanced image of yourself as a whole being, equipped with your own set of unique gifts, talents, and skills. You might not be the social butterfly you admire across the room, but your own set of "wings" will lift you up to where you shine, just in different ways. Learn to calculate all of your assets.

While we know that nobody's perfect, accepting our own flaws, faults, and faux pas is hard to do. We may judge ourselves unmercifully, tallying up what we perceive to be our social imperfections. Excellence has its rewards, but perfection is humanly impossible. Forget about having perfect conversational skills, interacting with others perfectly, meeting expectations perfectly, or whatever you believe is imperative to do perfectly in the interpersonal scheme of things.

Stop any self-condemnations with these perfect truths: "I am an extraordinary person. I am good enough right now!" Power up with these affirmations and use them as your mantra whenever you notice any self- talk becoming unfairly judgmental.

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