MINDTHEORY
KINDER MINDS
BRIGHTER DAYS

The Comparison Trap: Summary Guide

How social comparison distorts self-worth — and how to reset your focus.



The Highlight Reel Bias

- We compare our full lives to other people's edited moments.
- Online feeds amplify success, beauty, status, and certainty.
- What you see is a slice — not the whole story.

EDITED NOT EVERYTHING

Decoding Envy

- Envy is information, not proof that you are behind.
- Ask: What quality, goal, or need is this feeling pointing to?
- Turn comparison into clarity instead of self-criticism.

CURIOSITY OVER CRITICISM

Internal Reference Baseline

- Measure against your values, context, and past self.
- Track direction, effort, and consistency — not appearance alone.
- A healthier baseline is: Am I growing in a way that matters to me?

YOUR JOURNEY COUNTS

Daily Reset Practices

SIMPLE PRACTICES. A BRIGHTER TOMORROW.

- [ ] **Digital Audit**
  Mute accounts that trigger pressure without adding value.
  A CLEARER FEED A CALMER MIND
- [ ] **Information Extraction**
  Ask what the comparison reveals about what you want.
  INSIGHT FUELS GROWTH
- [ ] **Past-Self Baseline**
  Compare today's choices with who you were 30 days ago.
  PROGRESS ADDS UP

Small shifts in attention create deeper shifts in self-worth.