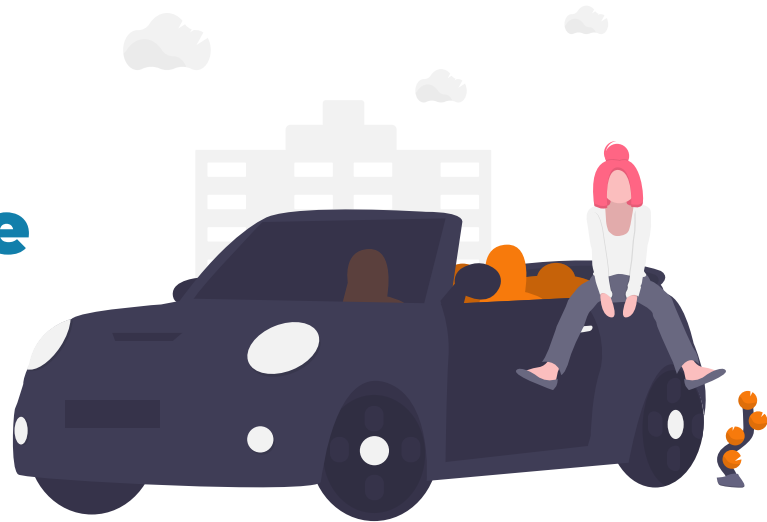


# COMPARISONS = DEATH

## We suffer from our comparisons about things, not from the things themselves.

When you find yourself unhappy with something in your life (a situation, an outcome, a potential outcome, anything at all) take a moment and ask these questions:



What am I unhappy with?

What am I comparing it to?

How might I be idealizing the comparison? (We tend to see alternatives as perfect): If I hadn't gotten called into work today, I would have had the best day of my life.

If I am realistic, what are some potential problems with the comparison situation?

What is really wrong with what I have, if I do not compare it to anything at all?