

The Man's Guide to Not Comparing Yourself to Other People

If you often compare yourself to other people in an unhealthy way, these tips will help change your perspective so you can focus on being happy and taking action.

1. Pursue intangible things. It's easy to compare houses, cars, and other possessions against the things other people have. Instead, focus on accumulating intangible qualities in your life, such as love, music, knowledge, or skills. Things are much harder to compare.

2. Compete against yourself. Instead of competing against other people, compete against an older version of yourself. Learn to celebrate the advancements you make to improve yourself rather than trying to catch up to someone else.

3. Celebrate your own accomplishments. It's not hubris to celebrate your own achievements and share your happiness with others.

4. Replace negative thoughts with action-focused thoughts. For example, if you catch yourself lamenting "I wish I could dress like that bloke," turn your thoughts into ways you could take action. You might hunt for resources to learn more about men's fashion or hire a fashion consultant to take you shopping.

5. Create goals for yourself. Goals help you define what you want. Instead of comparing yourself to others, you can't evaluate whether you met your goals. Make sure to track the progress toward your goals so you can see the change.

6. Improve yourself a little bit every day. Gaining new skills and improving the ones you have will make you feel more secure about yourself. It's easier to take action when you can say "This is my thing. This is what I'm good at."

7. Take note of other people's imperfections. No one is perfect. Everyone has flaws. Take note of other people's imperfections to help you realize that yours aren't unusual or extensive.

8. Avoid comparing down. Comparing down is when you feel satisfaction by another person's shortcomings. Try not to feel pride when you notice that you're better than someone in some way. Remember that they're better than you in some ways, as well.

9. Focus on the things that matter to you. Don't worry about things that matter to other people if those things aren't important to you. For instance, if you don't want a powerful job with lots of responsibilities, don't work one just because you think you have to. Instead find a job that makes you happy, even if it's not what you're "supposed" to do.

10. Ignore photos of models. Professional photos are taken under perfect circumstances and then digitally edited. They are not representations of real people. If you saw those models under everyday conditions, you would be surprised at how normal they appear.

11. Use less social media. Social media is a powerful tool, but it's also a weapon that can make us feel bad about ourselves. If you want to empower yourself, try to spend less time on social media and more time taking action. Or the very least, recognize that social media is the *ideal* version of your friends' lives, not the *actual* version.

12. Avoid lying about yourself online. It's easy to lie about yourself on the web when no one can verify what you say. But that makes you feel inadequate when you compare your online persona to your real self.

13. Don't worship celebrities. Celebrities have carefully crafted personas designed to impress you. They are not reasonable standards to compare yourself against.

14. Spend time with people who like you the way you are. If your friends encourage you to be someone else, or to change things about yourself, you may want to find new friends