

## THE DOWNSIDE OF COMPARISON (& WHAT TO DO INSTEAD)

JULY 12, 2023 – PREPARE-ENRICH BLOG

**PART TWO**

Part One focused on the downside of comparisons and now Part Two shifts to what you can do INSTEAD of comparing your relationship with others.

Of course, even if you're pretty mindful about falling into a comparison funk, it can be helpful to have some tips to fall back on when you need them. *Here are a few things to help you recenter yourself:*

- **Be discerning.**

Glean what is actually helpful, inspires you to be a better spouse, and gives you tools and confidence. Leave the rest behind. People have lots of thoughts and opinions on what you should and shouldn't be doing in your marriage – you don't have to do it all. Be picky about what you choose to take in and internalize.

- **Take periodic breaks from social media.**

It could be a few days each month or one day every weekend. Many people find it refreshing and that it benefits their mental and emotional wellbeing. You might also consider cleaning up the list of people you follow, unsubscribing from any accounts that you find actually make you feel kind of bad.

- **Reflect on what need you're trying to fulfill.**

If you find yourself fixated on the idea that having or doing a certain thing is going to be the magical key to feeling like you've "made it" in your life and marriage, take some time to reflect and see the bigger picture. What need or underlying area are you trying to fix or fulfill? Are you craving more romance or spontaneity? Do you [wish](#) you and your spouse expressed your love more often? Work on getting to the root of the problem.

- **Talk to your spouse.**

When you're struggling with feelings of inadequacy or find yourself living vicariously through others' social media posts, talking to your partner about it can be a big help. They might be able to give you the refreshed perspective you need. Maybe you both agree you could benefit from less scrolling and more time doing other activities together. Or perhaps they can relate to the way you're feeling, and together you can take steps to stop the comparison game.

It's natural to compare ourselves to others; it's just how our brains work. Unfortunately, the combination of current cultural trends and technology results in a constant overload of seeing what other people are doing and how they're doing it – and that includes marriage. Learning to maintain a healthy perspective while being discerning about what you take in will ultimately benefit both your mental health and your relationship.