

# How to Stop the Comparison Game

Mandy Pallock

# What Is Curiosity?

- Goals: Combat loneliness, avoid negative comparisons, and create healthy interactions.
- “I have no special talent. I am only passionately curios.” —Albert Einstein



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Stop Playing the Comparison Game

# Building Identity Through Curiosity

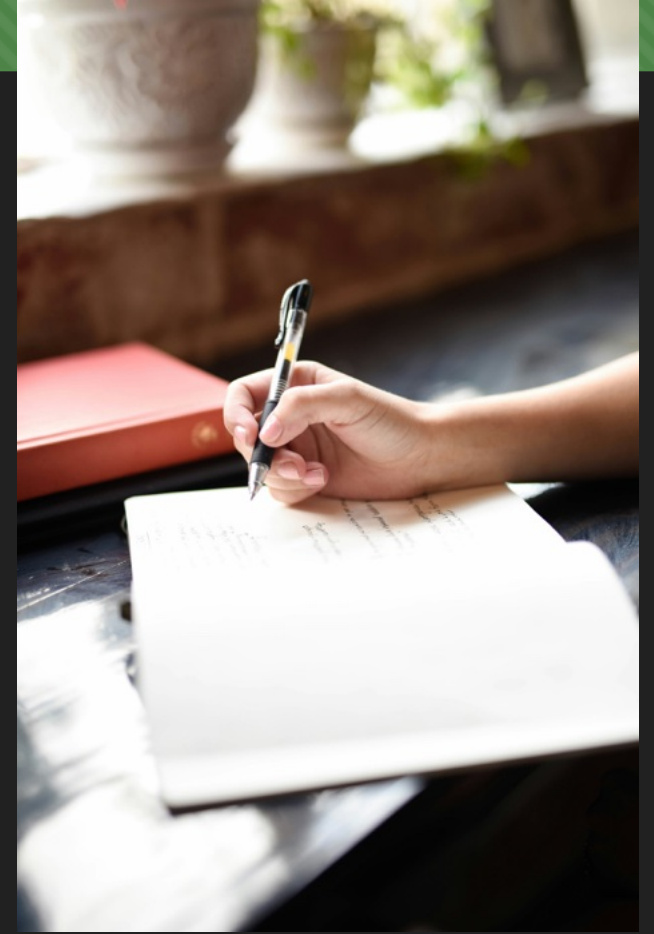
- Embrace self-discovery through curiosity.
- Host curious self-talk

# Questions to Ask Yourself

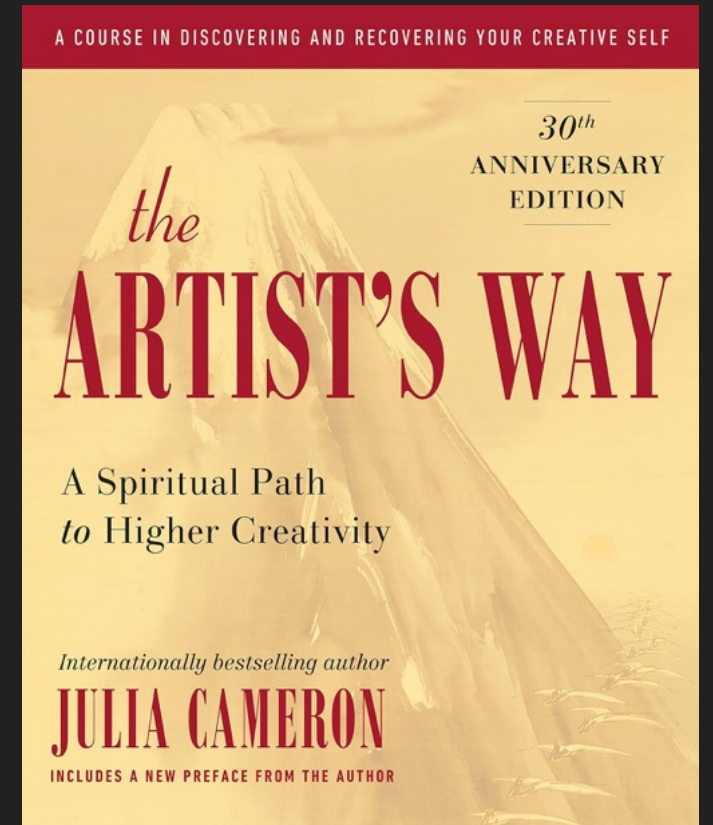
- What activities make me lose track of time?
- What could I give a 40-minute presentation on with no preparation whatsoever?
- What are three words I would use to describe myself today?

# Make it Practical: Curiosity Journaling

○ *I wonder...*



# Recommended Resource



# Understanding Personalities



## For Example: 3w2

- Basic Fear

Enneagram type three wing twos are afraid of failing and being unworthy of love. They avoid this by setting and accomplishing goals, in order to feel successful and worthy.

# For Example: 3w2

- Basic Desire

Their basic desire is to be admired and accepted. They seek value through accomplishment, which may push them deeper into their work.

- *Enchanters* tend to adjust their persona to their audience, in order to feel as though they are easily liked, which may lead to playing a character rather than being themselves.

# Personality Tests

- Enneagram
- Myers-Briggs
- DISC
- 5 Voices
- StrengthsFinder
- ...

# Discuss

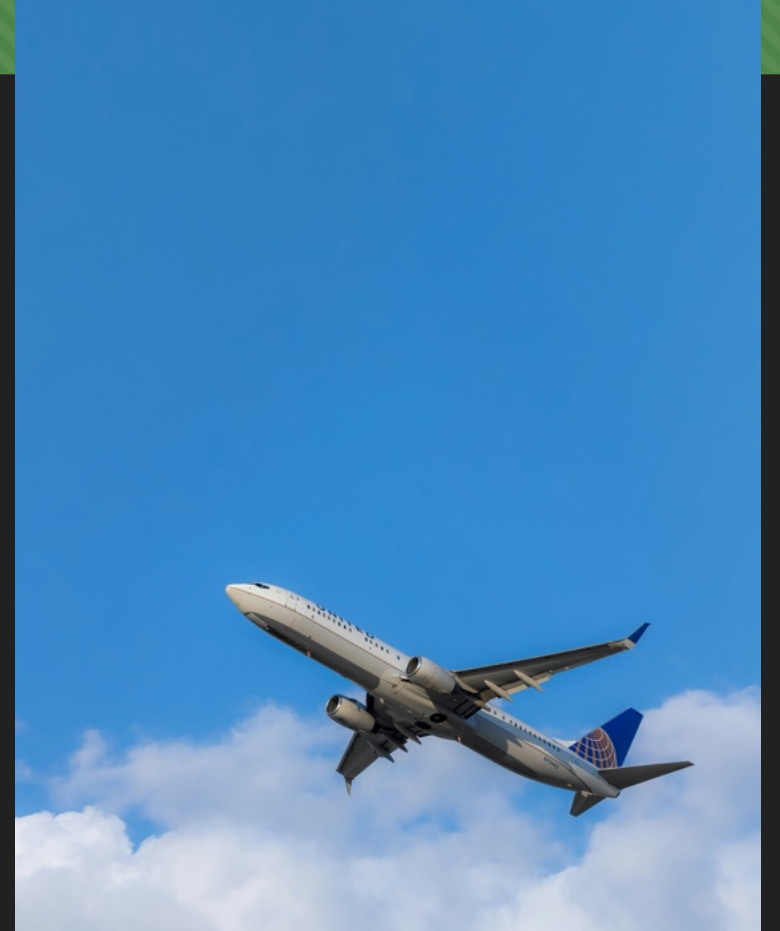
- How do you see personality affecting your interactions today?
- How does knowing that different people have different personalities help you not compare yourself with others?

# Recognize the Gift of Disruption

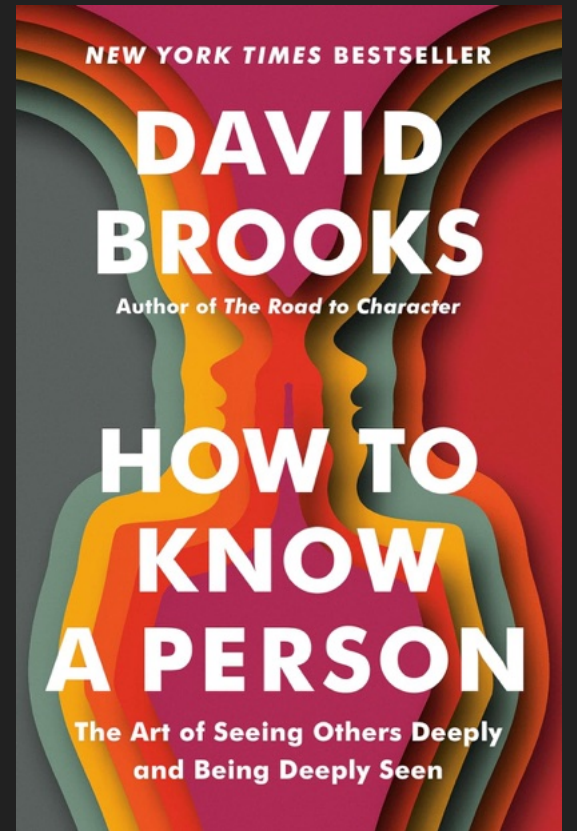
- Embrace disruption as an opportunity

# Make it Practical: Reframe Your Perspective

○ Traveling this summer?



# Recommended Resource



# Foster Connections; Avoid Negative Comparisons

- Curiosity can help us build meaningful connections
- Importance of engaging in shared interests

# Questions to Ask Yourself

- What is your preferred medium of communication? (Do you prefer writing, texting or messaging, speaking, or something else?)
- Do you think it's better to meet with people in person or online? Why?
- If you went to an event where you didn't know anyone, who would you spend time with? Who would seek you out? What might you discuss and do?
- What attributes make a good friend?

# Make it Practical: Join a Community Group



# Avoid Negative Comparisons on Social Media

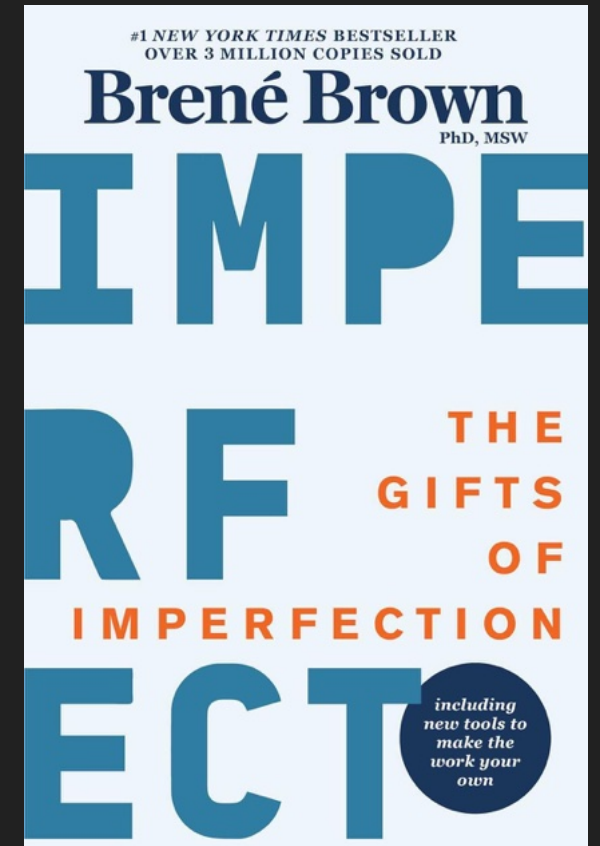
## ○ Impact of social media on self-esteem

- *Hunt et al., 2018*
- *Cinelli et al., 2020*
- *Tandon et al., 2021*

# Questions to Ask Yourself

- What is something life-giving and purposeful I could do today?
- What gives me delight?
- How would I feel if I and all my peers were forced off social media? How would I connect and stay in touch with friends and family? Is that something I might want to do right now?
- What is the one goal I would prioritize over everything else in the next five years? In the next year? In the next month? In the next week?

# Recommended Resource





Identify Healthy Spaces for Mental Health

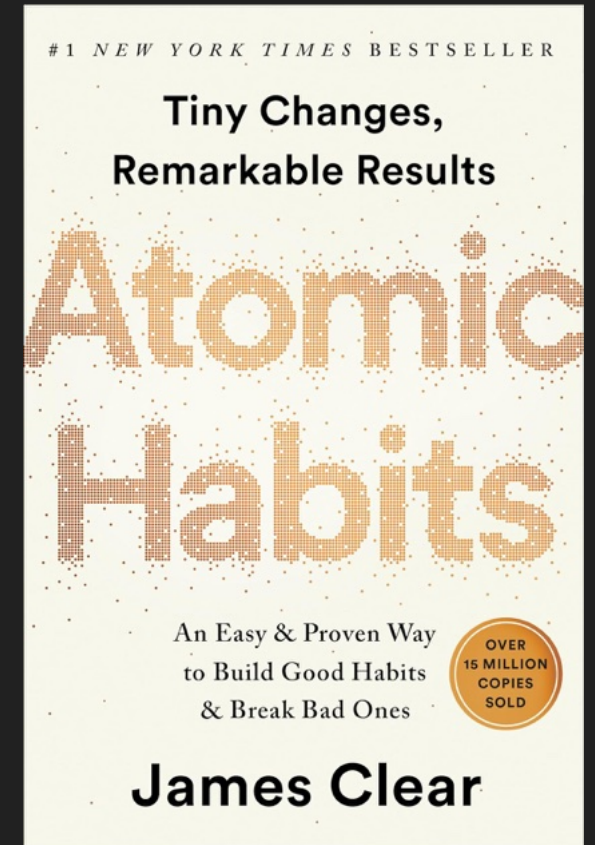
# Assessing and Creating Healthy Spaces



# Make it Practical: Environment Evaluation



# Recommended Resource



# Make it Practical: Life-Giving Interaction List



# Questions to Ask Yourself

- What habits move you in a life-changing direction? What habits put you in a dark or frustrated place?
- In what ways have you seen someone else have a positive impact on the world? Do you believe you can have a positive impact on the world? How?
- How do you spend your time? How do you wish you spent your time?

**“Knowing the answers will help you  
in school. Knowing how to question  
will help you in life.”**

**—Warren Berger**



# Let's Connect!

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*Short, friendly encouragement  
to live intentionally right where  
you are*

