



# Don't let others decide your worth!

## Workshop 4

### Same but different!

#### REMINDER!

The importance of looking at yourself in a caring (compassionate) way.

Social comparison is a way of figuring out where we fit in socially and defining who we are.

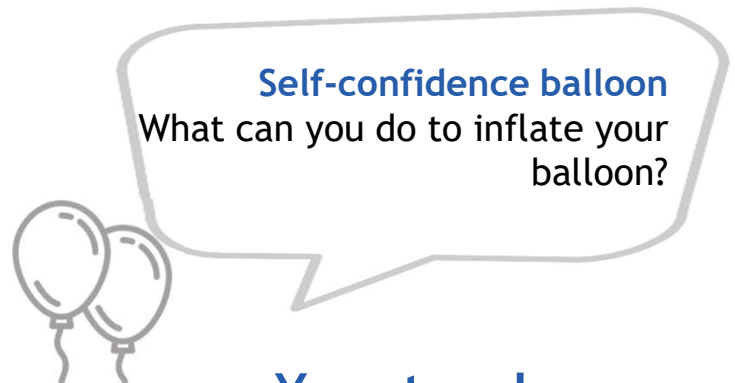
However, it can create a false view of ourselves or others; this either makes us feel bad or makes others seem inferior.

### Values

- Our heart's deepest desires
- What we want to stand for
- The way we want to interact with the world

They are the foundation for your actions, the basis for your decisions, and your guidepost on the "best" way to behave.

**It is important to recognize your own values in order to act in a way that is consistent with who you are.**



### Your turn!

Try those strategies to get to know yourself better:

- Try new things
- Allow yourself to make mistakes without judging yourself
- Try to figure out what's going on inside you, notice how you feel

Here are some examples of values:

- friendship, love, family, mutual help
- justice, honesty, consistency,
- work, education, success, effort
- freedom, safety, enjoyment
- money, power, beauty, health

### HORS-PISTE CHALLENGE

Be aware of your tendency to compare yourself to others. Identify at least one situation where you might be tempted to compare yourself to others. How did it make you feel?