

DON'T PUT YOUR SELF-WORTH IN OTHER PEOPLE'S HANDS!

OFF

TRAIL

Workshop 4

REFRESHER

Getting to know yourself better and developing self-confidence help to diminish the impact of social comparison!



Values are...

- What **matters** to us the most;
- What we want to **defend**;
- How we want to **interact** with the world around us;
- A **compass** that **guides** our choices and **motivates** us throughout our lives.



The important thing is to know **our own values** so that we can make choices and act in alignment with them, rather than other people's values!

Your turn!

Use these strategies to **get to know yourself better**:

- Try out new experiences;
- Accept the possibility of making mistakes;
- Maintain a tolerant and non-judgment attitude toward yourself and others;
- Look within, rather than looking outside yourself;
- Notice what makes you feel good in different contexts (sensations, emotions and thoughts) and what doesn't make you feel so good.

Social comparison is a way of defining and evaluating ourselves in relation to others. It can **motivate us, lead us to achieve goals, and even push us to outdo ourselves!** However, comparison often has a detrimental effect on self-esteem and self-confidence. It can create a **negative or distorted view of ourselves** (and others).

It's best to compare yourself with your past self and look at your own progress over time!

Here are some examples of values:

- Friendship, love, beauty, courage, discipline;
- Listening, education, fairness, solidarity;
- Environment, family, faithfulness;
- Honesty, honour, justice, liberty;
- Loyalty, sharing, patience, perseverance;
- Fun, power, respect, success, health;
- Safety, tolerance, work, etc.



OFF-TRAIL challenge

This week, pay attention to your tendency to compare yourself to others:

- 01** Identify a situation where you caught yourself comparing yourself to others, and how it affected you;
- 02** Use a strategy to better understand yourself and deal with social comparison.

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