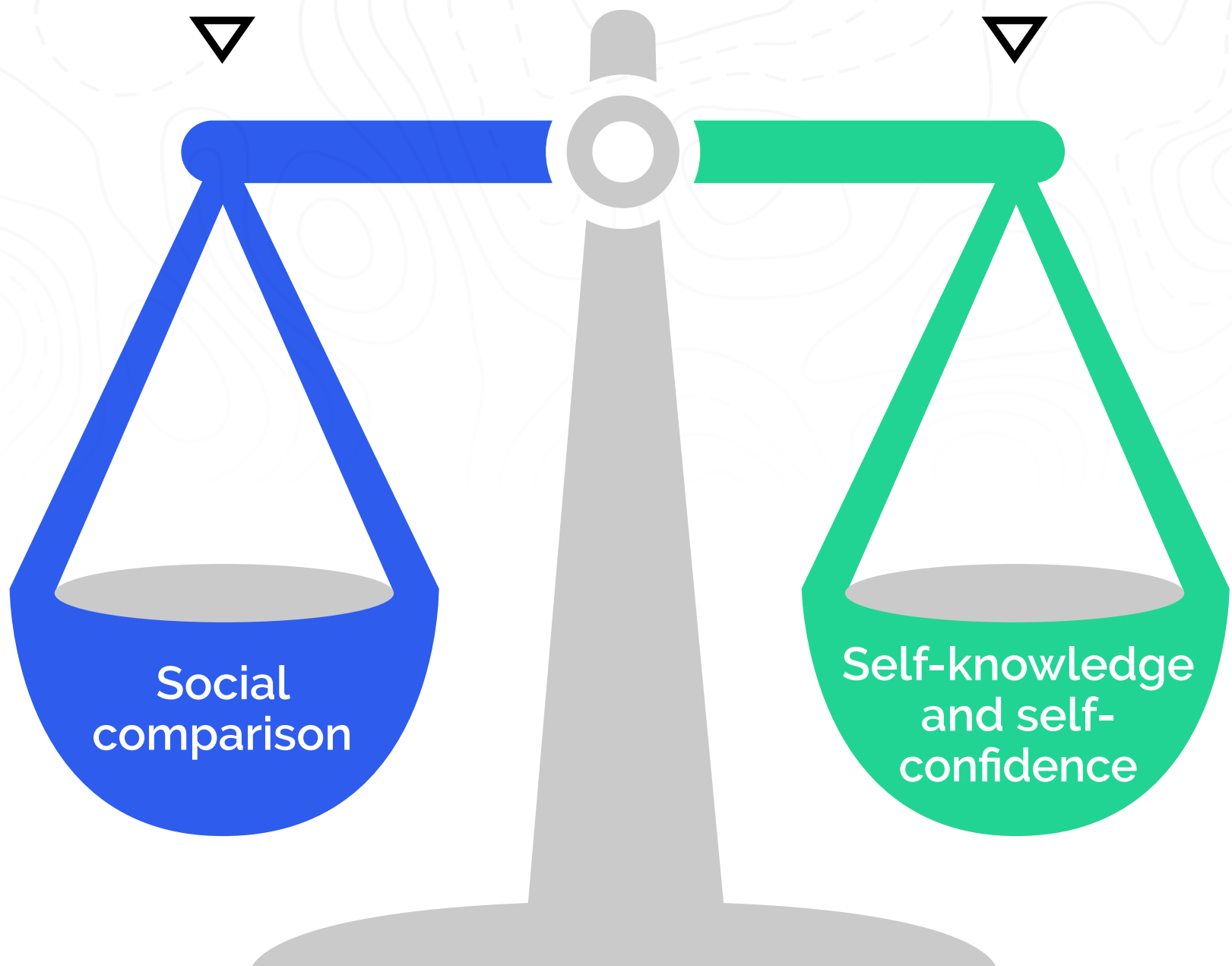


Social Comparison

WHAT COUNTS THE MOST WHEN EVALUATING YOURSELF AND DECIDING WHAT TO DO?

OTHER PEOPLE'S
opinions, values, interests
and **performance**

YOUR OWN
opinion, values, interests
and **performance**



The more you **develop** your **self-knowledge** and **self-confidence**, the less social comparison **affects** and **influences** you.

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Université de
Sherbrooke



Centre RBC
d'expertise universitaire
en santé mentale



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