

Comparing ourselves to others: Healthy versus unhealthy comparison

I want to approach this topic by exploring two separate categories. The first category is **unhealthy** comparison. If we compare our possessions, our actions or our abilities to another human and this comparison causes us to either feel superior or inferior, it's unhealthy. We should seek to avoid this type of comparison because it serves no valuable purpose. It only breeds arrogance or inadequacy.

The second category is when we compare an aspect of ourselves to another in a "role model" fashion. We may look at others and desire to emulate some facet of their character, such as a skill set, attitude, or mindset that we admire. This is what I'm calling a **healthy** comparison. It's okay to measure ourselves against others if it inspires us to be a better version of ourselves. It's okay to compare ourselves to others if it gives us the motivation to strive for increasing levels of competency and excellence.

Possibly the very best person to compare ourselves to is our former self. Are we further along today than we were yesterday? Are we meeting the needs of our clients at the highest possible level? Are we doing the little things that allow us to incrementally progress in our profession? Do we desire to serve our clients even more today than we did yesterday?

