



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Catching Sneaky Comparison Tendencies

By Creative Katrina

A path of self-discovery reveals many things - hidden gifts, deep wounds ready for healing, and sneaky, self-sabotage behaviors like comparison tendencies.

Comparison energy can present itself as the need to always out do ourselves without celebrating what we've already accomplished. It can also show up as a nagging sad or defensive feeling when we look at the glossy highlight reel of other people's lives vs. the quality of our own.

While this is human nature and we may do it knowingly on some level, there are times it's so under the radar it's like breathing or stress snacking. This kind of comparison tendency is a bit more sneaky to spot because it can show up as simply feeling bad about ourselves for no specific reason. Getting to the root of this type of comparing behavior takes a willingness to be extra mindful of when it happens and dig into why, in order to own it and heal.

On a personal level, I've had to learn how to actively manage my comparison tendency of perfectionism. While I've have worked through it from many angles, lately I've noticed it sneaking into my relationships in an interesting way. Other people's (unsolicited) ideas about my life and business were making me defensive and feel judged about my choices. It was as if they were comparing the current me to what could be - for me. How's that for a head spinner?

At first the energy around conversations with these select people I know, love and trust started to spring doubt into my heart. Am I missing something? Is there merit to their suggestions? Are they trying to be helpful because they care and I'm misreading it?

Once I sat with the discordant energy, I realized my comparison tendency of perfectionism was getting activated on the down-low. Even though their intentions may have been to help me or express an opinion, I noticed my reaction was actually mirroring their tendencies of self-comparison and need to constantly improve. I could see how my choices made them uncomfortable, and they were unknowingly comparing our paths based on unrealized potential. In this way, both of us were getting triggered by sneaky comparison tendencies.

When we connect with others it's easy to compare their experience with our own as a point of reference. It's how we orient ourselves within a situation and find an angle to relate. To make sure sharing doesn't morph into comparing, listen with an open heart and be honest with how what you hear makes you feel. Then, it's easier to see the ways the inner critic gets triggered and why.

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