

THE COMPARISON GAME

with Christna Stubbs

Week 6 Worksheet

Name:

Date:

Do you struggle with seeing other women as competition? If so, write down three reasons why you believe you struggle with this.

What are some practical steps you can take to be better in this area? (For example, you can compliment a woman wearing a nice outfit, or tell her that she looks beautiful) Think of some ways and challenge yourself to carry out at least one of them this week.

What does it take away from you by complimenting another woman? Be completely honest with your answer. This is between you and God. Whatever you write down, take it before the Lord and ask Him to help you to heal. You can also share with someone that you trust. I find that talking through these issues with people you trust can aid in your healing as well.

