

THE COMPARISON GAME

with Christna Stubbs

Week 1 Worksheet

Name:

Date:

Do you believe that you can be free from comparison?

In what areas of your life do you find yourself comparing yourself to others the most? [Be honest with yourself. If it helps, write down the specific areas in your life or even the names of people that you often compare yourself to.]

Why do you think you're most likely to compare yourself in these areas or to these people?

What are some of the lies that you believe that often causes you to compare yourself to other people?

Exercise. Write down the lies and find a scripture verse that destroys that lie. Ex. [LIE: "I don't believe that I'm attractive and that's why I compare myself to other women." TRUTH: Songs of Solomon 4:7 "You are altogether beautiful, my darling, beautiful in every way."]

