

Restore Activity Series

Avoid Comparison



**Communication Is Critical
to Supporting One Another**

Easy, But Dangerous



No one's life is perfect. Please take those words to heart. NO ONE'S. In the age of social media, it's easy to create the perception of a perfect life. But it's just that, a perception and NOT reality. Many curated feeds don't show the messes, the fights, the anger, the sadness, the frustration, the IMPERFECTION.

For new moms, social media can be a source of endless comparison and perceived failures. Social media isn't the only culprit either. It's easy to compare our lives to other moms we know who seem to mother so effortlessly.

There's no such thing as perfect when it comes to being a mom. Every single one of us will experience those difficult moments when nothing seems to go right. Some people just handle it differently than you do. And that's okay. What's important is that you don't let those curated feeds (carefully crafted, edited, and cropped feeds) lead to self-doubt and comparison that leaves you feeling less-than.

This activity is simple. Look at who you follow on social media and think about the ones that make you feel less-than. Consider unfollowing those accounts if they don't add value to your life. Remember that other moms experience their own struggles. If you have close mom friends, consider talking to them about what you're struggling with. You might be surprised who will share that they also experience those same struggles.

What Do You Compare?

Use the space below to reflect on what or who you tend to compare yourself to. Do you think it's a fair comparison? Why do you think you compare yourself to them? How can you stop with the comparison? Why should you stop?

A large, empty rectangular box with a double-line border and rounded corners, intended for reflection.