

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Monkey Mind Symptom #6

Comparison

The most obvious example of the problem with comparison lies in the observation that when we're comparing, it's our insides to someone else's outsides. Social media is one of the biggest culprits/sources of this type of comparison. Our tendency is to post us at our best, and of course, our friends do the same. :-) It's not that we're being deceitful, we just usually choose not to share our darker/sadder/angrier/nastier moments, our "shadow" so to speak. This can cause the type of comparison we alluded to earlier, i.e. we see and compare ourselves to everyone's outsides without knowing what's going on on the inside. Everyone sees each other at their best and can feel inadequate in comparison. Another form of comparison, that can cause as much or more suffering, is comparing ourselves to our past or future selves. "I used to be younger/thinner/stronger/more productive/had a better memory" or "When will I be wiser/stronger/more patient/more productive...". You get the idea. The comparison is a notorious joy-sucker. The antidote is to thank monkey for sharing and to be in the present moment... to remember who we are (our Standards of Integrity), what's important to us (our Life's Intentions) and what we want to do about it (our goals). When we focus on this, and how we can contribute right now, the comparison has no interest or power over us. We can acknowledge that we are all human beings on an incredible journey, with hero's hearts and monkey minds, here to make the difference only we can make. No comparison necessary.

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization



ace / ACADEMY OF COACHING EXCELLENCE
Licensed Seminar Leader