

FOR THE PERPETUAL SCROLLERS.

YOU'RE WATCHING THEIR HIGHLIGHT REEL

You're watching their trailer and calling it their whole movie

THE STOIC PRINCIPLE

Comparison hurts because the only thing you can see of their life is the part they decided to show you. You are benchmarking your bloopers against their trailer. Of course you lose.

THE STOIC SUPPORT

"Treat what you don't have as nonexistent."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for getting out of the comparison loop without throwing the phone in the river.

01 AUDIT WHO YOU'RE FOLLOWING

Open the apps. Honest question: is this making me better, or just making me feel less? If it is the second, mute. Mute generously. You do not owe anyone a follow.

02 START AN 'AGAINST LAST YEAR' FILE

One Google Doc. Once a month: what is better than 12 months ago. Skill, relationships, finances, energy. Compete with that file. Not with strangers.

03 COMPLIMENT THE THING THAT TRIGGERED YOU

The small move that exposes the trap: tell them. 'Loved your post.' It defuses the comparison and reminds you they are a person, not a benchmark.

04 NOTICE THE PRICING ON THEIR HIGHLIGHT

Whatever they are showing came at a cost they did not post. Time, sacrifice, marriage, sleep, money. You are seeing the receipt without the bill.

05 GET BACK TO YOUR OWN WORK

The cure for comparison is contact with what you are building. Five minutes of actual work beats 25 minutes of scrolling envy. Every time.

THE REFRAME

Treat what you don't have as nonexistent. Treat what you're building as the only scoreboard that counts.