

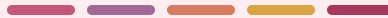
Pretty Sisters

FROM COMPARISON TO KINDNESS

The Comparison Reset

You cannot envy a woman you are actually rooting for.

What comparison really is, a four-step reset you can run in two minutes, four worked TEA Time examples, a feed audit, and a seven-day plan that ends with you being somebody's biggest fan.



Comparison is a distance problem

It is not a character flaw and you are not petty. Comparison is what happens when you look at a woman from far enough away that all you can see is her highlight reel and all you can feel is your own behind-the-scenes.

Notice what happens when you get closer. When you know the woman with the beautiful house cried in her car last Tuesday, or that the promotion came after two years of being overlooked — the envy has nowhere to stand. It requires a gap. Sisterhood closes the gap.

WHAT COMPARISON IS ACTUALLY TELLING YOU

- **A want you have not admitted.** Envy is a compass with bad manners.
- **A fear about time.** Usually “I am behind” or “it is too late.”

WHAT IT IS NOT TELLING YOU

- That she got your seat. There is no fixed number of seats.
- That you are behind. There is no shared timeline.

The four-step reset

STEP	WHAT YOU DO	SOUNDS LIKE
Notice	Catch it in the moment without judging yourself for it.	<i>“Oh. I am comparing right now.”</i>
Name	Say the feeling and the want underneath it.	<i>“Jealous. And under it, I want that too.”</i>
Narrow	Turn the want into one thing you could do this week.	<i>“Twenty minutes on mine, Thursday morning.”</i>
Near	Close the distance. Root for her out loud, specifically.	<i>“Text her. Congratulate the actual thing.”</i>

THE ONE THAT FEELS IMPOSSIBLE

The fourth step is the one women skip, and it is the one that works. Congratulating her while you still feel jealous is not dishonest — it is the practice.

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WORKED EXAMPLES

TEA Time, applied to comparison

Four of the most common versions. Find the closest one and steal the shape, not the words.

BELIEF 3 The professional win

T — the thought: *"She got the thing I wanted. I must not be good enough."*

E — the emotion: jealous, a little sick; underneath it, scared I am running out of time

A — narrow: Twenty minutes Thursday morning on my own version, before anyone is awake.

A — near: Congratulate the specific thing, not a generic "so happy for you."

The truer sentence: *Her yes is not my no. There is more than one seat.*

BELIEF 1 The body

T — the thought: *"If I looked like that, everything would be easier."*

E — the emotion: ashamed, tired of the subject; underneath it, wanting to stop thinking about it at all

A — narrow: One thing that makes me feel strong this week — a walk, real sleep, a stretch.

A — near: Compliment a woman on something that is not her body, out loud, today.

The truer sentence: *Kindness is the pretty that does not fade, and I already have it.*

BELIEF 5 The motherhood scoreboard

T — the thought: *"Everyone else seems to be doing this better than I am."*

E — the emotion: inadequate, defensive; underneath it, afraid I am getting the important part wrong

A — narrow: Ask my kid one real question tonight and listen to the whole answer.

A — near: Tell one mother the specific thing she is doing well. She is grading herself too.

The truer sentence: *The scoreboard is invented. My people are not comparing me to anyone.*

BELIEF 2 The friendship you were not invited to

T — the thought: *"They did not want me there. I am the one on the outside."*

E — the emotion: small, hurt, embarrassed to be hurt; underneath it, afraid I am forgettable

A — narrow: Plan the thing I wish somebody would invite me to, and be the one who invites.

A — near: Reach out to one of them warmly, with no reference to the thing I saw.

The truer sentence: *Not being included in one thing is not evidence about my worth.*

WHERE IT ACTUALLY HAPPENS

The feed audit

Comparison is remarkably predictable once you write it down. Same app, same person, same hour. Predictable things can be interrupted.

TRACK IT FOR THREE DAYS — NO JUDGMENT, JUST DATA

WHEN	WHERE / WHO	WHAT I FELT	WHAT I ACTUALLY WANTED

WHAT THE PATTERN SHOWS ME

The one app, person, or hour that does most of the damage:

THE THREE-ACCOUNT RULE

Mute or unfollow three accounts that reliably make you feel behind. Not because they did anything wrong — because you get to choose what runs through your head all day. Nobody is owed your attention.

Small interruptions that work

- **Move the app off the home screen.** Friction beats willpower every single time.
- **Follow three women who are further along than you and root for them out loud.** Admiration and envy cannot occupy the same seat.
- **Put the phone in another room for the first hour.** The first input of the day sets the sentence.
- **When you notice it, say the person’s name and something true about her.** It closes the distance instantly.

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SEVEN DAYS

The Comparison Reset week

One small thing a day. By Sunday the reflex has changed — not from trying harder, but from practicing something else.

DAY	THE PRACTICE	WHY IT WORKS
Monday	Notice. Every time you compare, say “I am comparing” in your head.	You cannot interrupt a habit you have not seen. Today is only for seeing.
Tuesday	Run one full TEA Time on the strongest one from yesterday.	Finding the want underneath is where the sting starts to go out of it.
Wednesday	The feed audit. Mute or unfollow three.	Changing the input is the highest-leverage ten minutes of the week.
Thursday	Narrow: twenty minutes on your own version of the thing you envied.	Envy points at a want, and movement is what quiets it.
Friday	Near: text the woman you compared yourself to. Specific, warm, no agenda.	The hardest one. Also the one women say changed the most.
Saturday	Compliment three women on something that is not their appearance.	Practicing another kind of noticing rewires what you look for.
Sunday	Write your evidence file: five things you have already done.	Comparison thrives where you have forgotten your own record.

WHAT I NOTICED THIS WEEK

THE WOMAN I AM CHOOSING TO ROOT FOR

IF IT COMES BACK — AND IT WILL

Comparison is not a thing you cure. It is a thing you catch faster. The goal is that it costs you ten minutes instead of three days, and that on the other side of it you did something kind instead of something quiet.

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