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**100% Effective Natural Hormone Treatment**  
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**5 Ways to Beat the Comparison Trap**

By Norma Schmidt, Coach, LLC

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Picture this scene: You re-arrange your work schedule to attend a party in your child's classroom. You happily hug your child hello as you arrive. Then you notice a table laden with adorable ceramic dalmations, hand-painted, personalized and beribboned for each child in the class by one child's stay-at-home mother.

Now try another: Your alumni magazine features the stunning accomplishments of one of your former classmates. Unlike you, she has not let motherhood slow her professional advancement one bit. Her children, smiling beside her in the magazine photo, seem to be turning out fine.

If you're not prepared, either scene could drag you into "the comparison trap."

Maybe you've been there -- times when you compared yourself with someone else and experienced unpleasant results.

IT'S A NO-WIN.

Comparisons just don't work. For one thing, they're a greased slope into a pit of envy, resentment or guilt. More fundamentally, comparisons fail to honor each individual's unique path in life.

FORTUNATELY, YOU DON'T HAVE TO FALL IN!

Here are five ways to beat the comparison trap.

**TIP 1: GIVE YOURSELF MORE CREDIT.**

Your thoughtful, loving choices to create the right balance for your family is a splendid achievement. It takes heart, intelligence, imagination, resourcefulness and strength.

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So, try this tip for building immunity to comparisons: Look inside, and give yourself credit for the fine personal qualities you bring to living life your way. You might even mark times on your calendar to pause regularly and give yourself credit for all you are.

### TIP 2: COUNT YOUR BLESSINGS.

Here's another comparison immunity-builder: Direct your attention to all that is happening in your life that you would like to keep happening. Make a list, including the benefits of doing paid work and raising a family at the same time. You might enjoy having your family help make your list longer.

As an alternative, keep a daily journal of the blessings you experience.

Whichever way you count your blessings, you'll gain perspective and be better able to resist making comparisons when you see how others are blessed.

Tips 3, 4 and 5 can be used in the moment when you begin to compare yourself with someone else.

### TIP 3. EXHALE.

It's amazing how a timely exhale can create space for serenity and perspective.

Start by bringing your attention to your breathing, at your belly. Don't try to manipulate your breath. Just notice it, following the in-breath and the out-breath through several cycles. Then, on an out-breath, let the thoughts of comparison leave your body.

Once you've blown the comparison away, you might ask yourself, "Is this where I want to put my energy today?"

### TIP 4. ACKNOWLEDGE LOSSES.

When you find yourself making a comparison, notice whether the other person's success is reminding you of a hope or dream you have set aside. If so, be kind to yourself, and take the time to recognize your loss.

### TIP 5. SHIFT INTO GRATITUDE.

Try this tip now. Sit back comfortably. Think back to a time when you were feeling the pull of the comparison trap. Now, try shifting to a perspective of gratitude. Once you make the shift, notice how you feel.

Gratitude is tremendous empowering. Shifting easily into gratitude may take a few tries, but it's a skill well worth cultivating.

**YOU, YOUR FAMILY AND YOUR CAREER ARE UNIQUE.** As you learn to focus more and more on

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your own life with calm, loving attention, you can leave the comparison trap far behind.

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Norma Schmidt, Coach, LLC, specializes in helping women who are both professionals and parents to create balance. She draws on her experience as a parent, pastor, cancer center chaplain and writer. She edits "The Balance Point," a free bi-weekly e-zine, and offers free sample coaching sessions. Visit <http://www.NormaSchmidt.com>.

### **Avoiding The Golf Traps**

**By Ken Snowie**

It's every golfer's worst-case scenario - You're golfing great, you've got a perfect swing, the perfect stance, and you were able to get rid of that slice that's been on your back. NO matter how well everything goes, even the best golfer can find himself (or herself) occasionally stuck in a sand trap, stuck in the grass or trapped behind a giant tree on the golf course. Unfortunately, the traps are what make the game interesting. Without them, the game would probably become boring for even the most devoted golfer. Obstructions help to make golf a more interesting and challenging game, and you'll learn to appreciate the traps when you find the best ways to get out of them.

The odds that your golf ball will roll to a stop right behind a tree are slim, but it does happen. There are ways out of this situation. You could chop down the tree, or drill a hole in the tree large enough to hit your ball through, but that's probably not going to make the maintenance crew of the golf course very happy.

A lot of golfers just sacrifice one putt so that they can place the golf ball in a more favorable position. How well this works depends on your ability as a golfer, and what you're willing to risk on one play. If there is another tree close by, you can try a ricochet shot, but it's not very reliable. You can't judge where the ball will go once it hits the rough bark of the tree.

A good solution is to practice a curve ball before you get into this situation, so that you'll know what to do when the time comes.

Sand is a whole other problem completely on the golf course. Many golfers opt for the "whack and see" technique. To do this, pull a sand wedge from your golf bag, hit the general vicinity of the ball, then watch the sand to see if your golf ball takes flight as well.

Consistency is the crucial to your golfing game on the whole, and getting out of a sand trap is not exclusive to this. It is hard to control a golf ball in the sand. Golf balls don't really roll in sand and difficult to control a putt from a sand trap. In addition, you are probably going to be dealing with an upward slope of the trap before you're out on the course again. Therefore, the only really dependable way to get out of a sand trap is to use the wedge and try to get enough lift on the ball to clear the sand.

Make sure that you choose your wedge cautiously. Keep in mind that you want enough lift to clear the

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sand. However, less lift is usually easier to manage.

No matter what obstacle you're facing on the golf course, having good control of the ball, choosing the right club for the job, and setting up your shot just right are the ways that you will be able to get out of those sticky situations on the golf course.

If you would like to know more about golf visit



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