

## Catch Questionable Comparisons

**Y**ou may find that underneath self-talk you hear comparisons being made. A reason for making comparisons is that people make value judgments about what is good or worthy. It is wise to evaluate the value judgments in the comparison. You may discover that the judgment lacks value to you. As a result, you may decide not to worry about the comparison.

*Hidden within each comparison below is a value judgment. What are the value judgments in these statements?*

Statement	Value Judgment
<u>Example:</u> <i>I wish I were as tall as Fred.</i>	<i>Tall is better.</i>
1. My job is tougher than yours.	_____
2. I'd like to have as many friends as you do.	_____
3. No one else thinks so.	_____
4. Why aren't you more like him/her?	_____
5. If I had half your intelligence.	_____
Your own examples:	_____
6. _____	_____
7. _____	_____