



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Name: _____

Confront comparisons



How will you change your script?

Choose one or two examples. For each example, figure out:

Write down the different ways that you can challenge the process of making appearance comparisons in both yourself and others. Try to remember these and practice them. Soon, they will feel normal. Try to come up with at least three ideas for when you compare and three ideas for when others compare.

When I compare my appearance:

I can "catch myself" and change my thoughts

When I hear my friends

compare their appearance:

I can change the topic

Feeling stuck?

Think back to the ideas you shared in class.



Name: _____

Going further

Comparisons: Main messages to remember

- Every single person is unique so comparing the way we look to others is not helpful or realistic and can have negative consequences for ourselves and others around us.
- Even though it might feel natural or automatic to compare, we can become trapped in a 'downward spiral' of comparisons that can bring others down with us.
- By avoiding comparing people based on their looks and focusing instead on being the best possible version of ourselves, we will improve our self-esteem and body confidence, and help to create a more diverse, interesting and productive world.

How will you take action to make appearance less important for yourself and others, helping everyone to break free from the 'whirlpool of comparisons'? Record your answers below.

Taking action for yourself

What I did:

How I felt:

Taking action for others

What I did:

How I felt:

Things you could do:

- Practice staying alert for when you or your friends compare your appearance to others, and try to stop the comparison.
- Remember to change your internal script and use one of the alternatives you have role played and rehearsed.
- Celebrate your own positive qualities by writing a short statement, list, or poem called "There's more to me". Capture what you feel good about and would like others to recognize.
- Ready for the next workshop? Be aware of other ways you talk about appearance (your own or other people's).