FORM 9.6

Depolarizing Comparisons

Sometimes we compare ourselves to people who perform at the top level (100%) and find ourselves lacking. Try to use a full range of comparisons when evaluating yourself, using the questions below.

Question	**Answer**
What quality am I criticizing in myself? Am I less successful than other people?	
How would I compare myself with people who have: 0% of this quality?	
25%?	
50%?	
75%?	
100%?	
Have I been overlooking some positives?	
Which positives?	
What would be a more rational way of viewing myself?	

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