



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



Comparing Ourselves

Is it fair to compare yourself with a professional?

Module 2 • Worksheet 3

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This worksheet is about comparisons — who you compare yourself with, and whether it's actually fair!

PART A — The Big Question

Would you compare yourself with an Olympic athlete, a Hollywood actress, or a Nobel Prize scholar?

Olympic Swimmer — They train 6 hours a day, have a personal trainer, nutritionist, and have dedicated their whole life to their sport.

Hollywood Actress — They have a personal stylist, professional make-up artists, a lighting team, and every photo is retouched before publishing.

Nobel Prize Winner — They have been studying and researching their entire career, with a team of specialists and decades of experience.

If you compared yourself with any of these people, how do you think you would feel?

- ☐ Inspired and motivated to improve
- ☐ Neutral — I wouldn't really care
- ☐ Inadequate and not good enough
- ☐ I'd probably want to give up

Why did you choose that answer?

PART B — Is it Fair to Compare?



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Think about the tools, time, and resources each person has that you don't have access to.



Why?



Why?



Why?



Why?

 When you compare yourself to someone with a “perfect” image on social media, what happens?

Tick all that apply:

- I feel good and confident
- I feel like I need to change something about myself
- I feel less attractive or less skilled
- I spend more time and effort trying to look like them
- I feel it doesn't bother me
- Other:



In your own words: is comparing yourself with an influencer a fair comparison? Why or why not?



Key Message

Influencers and celebrities have access to tools, money, and professional teams that the rest of us simply don't have. Comparing yourself with them is like comparing your homemade cake with a five-star restaurant chef's. It's not a fair comparison — and it says nothing about your true value!



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💡 Next time you feel bad after scrolling social media, ask yourself: "Is this person playing by the same rules as me?" 💪



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