Escaping the Comparison Trap

Comparisons can erase evidence. The only comparison that truly matters is between where you were before treatment and where you are today.

Then and now

	Before treatment	Today
Energy		
Sleep		
Movement		
Health measures		
Thoughts about food		
Day-to-day life		

1. Who or what have I been comparing myself to lately? What don't I know about their starting point, their biology, or their life?

2. Am I measuring myself against my own lowest weight? What do my health and daily life tell me instead?

3. What do I believe will be different when I reach my next goal? What am I hoping to feel, or hoping will finally stop?

4. Which of those things could begin now, before the next milestone?

Medication doses aren't a competition. There are no medals for reaching a weight first.

For education only. Not a substitute for individualized medical advice.