

PBP #5

Comparison: Reclaiming Confidence & Individual Identity

Objectives:

- Deepen awareness of how comparison affects us
- Learn how identity, values, and environment shape comparison
- Build confidence that is stable, internal, and sustainable
- Practice boundaries and mental skills for long-term resilience

PART 1: Review

Opening Reflection (Group Discussion):

Brief Review:

- Comparison is automatic – awareness creates choice
- Internal focus + self-compassion reduce its intensity
- Progress ≠ perfection

Normalize that comparison *will still happen* – Part Two is about **what to do next**.

PART 2: The Body & Nervous System

How Comparison Lives in the Body

Comparison isn't just a thought – it's a physiological response.

Common body responses:

- Tight jaw, shoulders, or hips
- Shallow breathing
- Collapsing posture
- Increased heart rate or restlessness

This is the nervous system shifting into threat mode.

Why This Matters in Ballet:

- Tension interferes with technique and artistry
- The body can't learn optimally when it feels unsafe

Grounding Skill: “Return to Body” (5 minutes)

Discussion Prompt :

- “How often do my comparisons reflect *my* values vs. someone else’s?”

PART 4: Boundaries with Comparison

Mental & Environmental Boundaries

You can’t eliminate comparison — but you *can* limit its access.

Common Boundary Leaks:

- Obsessive mirror checking
- Rewatching others repeatedly
- Seeking validation after class
- Doom-scrolling ballet content

Worksheet: My Boundaries Plan

Check any you want to experiment with this week:

Mirror Boundaries

- Soften focus instead of scanning
- Choose one correction per exercise
- Periodic mirror-free check-ins

Social Boundaries

- Mute triggering accounts
- No social media before class
- Follow dancers who show honesty, not perfection

Mental Boundaries

- Limit comparison thoughts to 10 seconds, then redirect
- Use a grounding phrase (see below)

Grounding Phrases (Choose One):

- “I belong here.”
- “Different is not worse.”
- “My body learns in its own way.”
- “This moment does not define me.”

Key Takeaways

- *Comparison is a signal, not a failure*
- *Regulation restores access to skill and artistry*
- *Identity and values reduce comparison's power*
- *Confidence is built through self-trust, not ranking*

“You were never meant to dance like anyone else.
Your body, your timing, your voice – that’s the art.
Comparison fades when you fully occupy who you are.”