



## Module 4

Know the patterns of  
when you feel depressed.  
Research ways to control  
your moods and emotions.

**Total number of questions: 2**

### **Q1: How do you usually compare yourself to others?**

(1) In what ways do you usually compare yourself to others?

Please write down all of them.

[Beauty? Money? Family? Work? Belongings? Ability? Skills? Life?]

(2) Who do you compare yourself to most often?

Please write down all the people you compare yourself to.

(3) Why do you think you compare them?

Write down each reason.

Thank

Hint: Comparing is natural. Don't beat yourself up.

Even people with high self-esteem compare things.

Comparison is a natural part of being human.

### **Q2: What is it that you have?**

Write down 10 things you have that you are proud of  
and that you can be grateful for.

Hint: Write down anything that comes to mind, small or big.