

# Healing From Comparison & Projection

Transformational Tantra©2025

## Homework: Releasing Projections & Ending Self-Comparison

Intention

*"I return what is not mine and reclaim my own truth."*

### Part 1: Identifying Projections (Awareness)

Answer in writing:

1. What criticisms or labels from others still echo in your mind?
2. Who did they come from?
3. What was going on in *their* life at the time?
4. How might this reflect their fears, values, or unmet needs?

✍️ Complete this sentence:

"This may have been about them because \_\_\_\_\_."

### Part 2: Separating Truth from Internalized Messages

Create two columns:

Column A: What I Was Told / Implied

Column B: What I Know to Be True About Me

Example:

- A: "You're too much."
- B: "I am expressive and passionate. That is not a flaw."

Write at least 5.

### Part 3: Healing Self-Comparison

Reflect:

- Who do I compare myself to most?
- When do these comparisons show up?
- What do I *assume* they have that I don't?
- What parts of my life are invisible in this comparison?

Then write:

“What I admire in them may be something I’m longing to develop in myself.”

## Part 4: Reclaiming Your Lane

Answer:

- What matters most to me *right now*?
- What pace feels sustainable for my nervous system?
- What does success look like on my terms?

Write a personal definition:

“Success for me in this season means \_\_\_\_\_.”

## Part 5: Boundary Practice (Internal)

When a projection or comparison arises, practice this response:

1. Pause.
2. Say silently:
3. “This is not mine to carry.”
4. Place a hand on your body and breathe.
5. Ask:
6. “What do I know about myself?”

Repeat as often as needed.

## Part 6: Integration Commitment

Complete:

“When I notice myself comparing or internalizing others’ judgments, I will \_\_\_\_\_ instead.”

Examples:

- return to my values
- limit exposure
- speak to myself kindly
- ground in my body

Closing Reminder:

You are not behind.

You are not broken.

You are not failing at someone else's life.

You are learning how to be faithful to your own.