Title: Comparison

Exercise code: SLINTEGRA024

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| *Modules:* | Group size: | Duration: |
| *1. Social Learning*  *5. Conflict Solving Strategies*  *6. Problem Solving Strategies* | Small group  Large group | 30 min |

**Purpose:**

* To learn how to express ourselves and how to establish a connection with other people
* To learn the background of comparison in communication and relationships

**Description:**

The participants of the exercise are presented with pictures, of people with perfect figures. The participants have to take their measurements (waist, hips, and chest) and have to compare themselves with the supermodels on the pictures. They soon discover how unpleasant comparison can be.

**Material:**

Paper, pencil, pictures of people from magazines, measuring tapes

**Methods:**

Experiental learning

The places in the middle of the group (so everyone can see) pictures of people with ideal/perfect measurements. If it is at all possible, the pictures should be in natural scale for greater effect. The participants look at those pictures and take their own measurements and compare them to the ideal ones.

**Advice for Trainer:**

During the exercise the trainers should talk about what it means when we condemn, compare or evaluate other people. It must also be pointed out that there are better ways to communicate and build relationships with other people.

**Source/Literature:**

Greenburg, Dan. How to make yourself miserable, Published by Random House Trade Paperbacks (1976-02).