

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

## TT: How to Recognize & Stop Comparisonitis with Melissa Ambrosini (Interview)

# #1917

Melissa Ambrosini is back on Conversations with Cabral and this time with the release of a brand new concept and subsequently titled book, Comparisonitis!

On today's show, Melissa will detail what comparisonitis is, how to recognize when you have it, and ultimately what we must do to overcome it...

Plus, we'll dive deep into how to stop comparing yourself to others and be genuinely happy!

For all the details and amazing take-aways tune into today's #CabralConcept 1917 - Enjoy the show and let @melissaambrosini and me know what you thought and what your favorite part was!

## EPISODE TAKEAWAYS

# 1

### What is Comparisonitis?

Everyone is comparing themselves to everyone else. This can be mostly toxic and unhealthy but there are also healthy comparisons.

# 2

### What are Some Symptoms of Comparisonitis?

Negative self talk, feeling behind and linking your self worth to external things are all symptoms of Comparisonitis.

# 3

### Stay in Your Own Lane

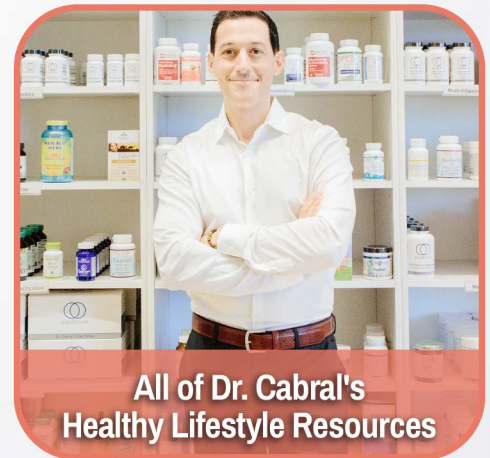
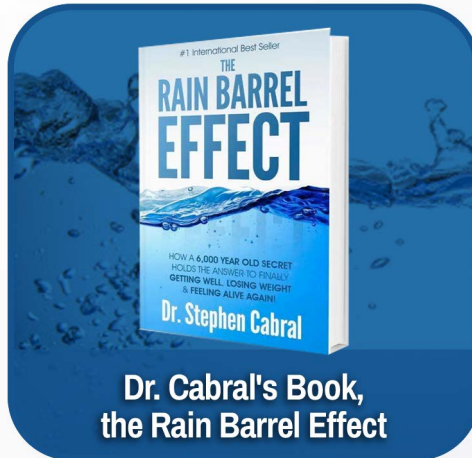
Stop comparing yourself to others- we are all on our own path. Stay true to you and stay in your own lane. You are unique and have so much to give. Use your time and energy to focus on the things that bring you joy.

## RESOURCES

- Comparisonitis by Melissa Ambrosini (book)
- Previous Melissa Ambrosini Interview on the Cabral Concept
- Learn More about Melissa Ambrosini
- The Melissa Ambrosini Show (podcast)
- Follow Melissa Ambrosini on Instagram



# DR. CABRAL'S MOST POPULAR RESOURCES



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