

Reading1)

Dear Dr. Alice,

My best friend is smart, funny, and beautiful. ( ) we are together, she gets everyone's attention. I know it's not her ( ), but I always compare myself to her and feel bad. How can I overcome my ( ) toward her?

Sincerely,

Michelle

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Dear Michelle,

Comparing yourself to others may leave you feeling sad. That's because we often ( ) the worst aspects of ourselves to the best aspects of others. However, you should keep in mind that nobody has it all. We are all ( ) with unique looks, personalities, and talents. Therefore, make an ( ) to see the good things in your life and be grateful for them. When you start to ( ) and appreciate yourself, your ( ) toward your best friend will naturally disappear. Most importantly, stop viewing life as a ( ). Another person's success doesn't mean you are failing. Try to see other people's good news as something to ( ). Then their happiness will add to yours.

Best regards,

Dr. Alice