

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