

UNBROKEN WITH YAY

PODCAST EPISODE 08: THE SCHOOL GATE COMPARISON

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WORKSHEET 08: BEYOND THE SCHOOL- GATE MASK

Disclaimer: The information provided in this worksheet and the associated podcast is of a general nature only. It has been prepared without taking into account your individual objectives, legal circumstances, or personal needs. While this content is based on extensive learned experience and peer-informed strategy, it does not constitute professional advice. You should consider the appropriateness of this information and seek independent professional advice tailored to your specific situation before taking any action.





Comparison is a thief.
Most 'polished' mums
aren't perfect; they're just
better at hiding the cracks



THE "POLISHED" ILLUSION



We tend to compare our "behind-the-scenes" footage (the messy kitchen, the 3 AM anxiety, the legal bills) with everyone else's "highlight reel."

- **The Reality:** The mum with the perfect blowout at 8:45 AM might be fighting a battle you know nothing about
- **The Shift:** Stop looking for "Perfect" friends. Look for "Real" ones. You don't need a polished tribe; you need a tribe that can hold the bucket when things get messy.

THE "REAL TRIBE" FILTER

- Not everyone at the school gate (or in your social circle) earns a seat at your table. Use this filter to audit your "inner circle."

THE GREEN FLAGS (THE KEEPERS):

They share their own "fails" without prompting.

- They ask, "How are you?" and actually wait for the answer.
- They don't give "toxic positivity" advice (e.g., "Everything happens for a reason!").

THE RED FLAGS (THE ENERGY VAMPIRES):

- They love the "tea" but disappear when there's "work" to do.
- They make you feel like you have to "perform" or hide your struggles.

List 2 people who make you feel "Safe" to be a mess:

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DROPPING THE MASK



What is one small "truth" you could share with a safe person this week to break the cycle of comparison? (Example: "Actually, this morning was a total disaster—I barely made it here.")

My Truth:

THE COMPARISON "KILL-SWITCH"

The next time you feel that "not enough" feeling creeping in while looking at another mum, say this:

"I am comparing my middle to their beginning. I don't know their struggle, and they don't know my strength."