

Ali's World: Illusion of Comparison

Hey buddies, I hope you're enjoying Ramadan. This is one of the posts I promised to make. It's a bit longer post-- I appreciate your time!

Illusion of Comparison

Bugun bitta mavzu haqida gaplashamiz - o'zini boshqalar bilan taqqoslash. Bu insonlardagi eng zararli odatlarni ichidagi eng yomonlaridan deb o'ylayman chunki bu ko'pchilik anglamaydigon illuziya. Ba'zida bilib, ba'zida esa bilmagan holda o'zimizni boshqalar bilan taqqoslaymiz - asosan ko'p holatlarda boshqalar bizlardan zo'r, bizlardan oldinlab ketgan deb o'ylaymiz. Hamma baxtli, hursand, oldinda, muvafaqqiyatli - siz esa yoq, siz hammadan ortda qolib ketgansiz. People are travelling somewhere, but you are not. People are buying cars, but you are not. People have good jobs, but you don't. Ularni muammolari yoq, ular juda zo'r hayoytda yashashyapti - sizda bo'lsa tugamaydigon muammolar. And then you ask yourself: "Why I don't have that?" "When will I be like them?". And this is the illusion that we are trapped in. This is the illness that steals your peace of mind.

Hammani o'ziga yarasha muammoasi bor - va hattoki siz o'sha zo'r, omadli deb bilgan odamlarni ham. Muammolari sizniki bilan bir xil bo'lmasligi mumkin, balki sizdagi yoq muammolar ularda bordir. U narsani ular sizga aytishmaydi, va shu sababli ham siz ularda hech qandya muammo yoq deb o'ylaysiz. And sometimes you say "I also did what they did, but why I am not getting there?" - First of all, Allah gives everyone's rizq - yours and theirs. We get different things at different times. Second, you can never truly know the challenges someone else is facing or the sacrifices they've made to get where they are. What you see on the surface, whether it's a perfect life, a dream job, or a perfect whatever, is often only a small part of the whole story - not the whole story. Maybe they have made sacrifices that you don't know. And here's the truth that no one likes to admit: when you really see what others have sacrificed to get there, you might not want it anymore. The dream job, the picture-perfect life, the ideal stuff--they come at a cost. Sometimes it's a cost that's too heavy to bear. Maybe the hours they spent working overtime to land that job came at the expense of their health or their family time. When you dig deep, you might find that the very things you envy in others could bring pain and loss you aren't ready to face.

Or maybe they are not as happy as you think, maybe they are not showing this. This also happens a lot on social media where people post themselves enjoying their life, but are they actually? Maybe some are, but not all. And I will also give you my own example - people in Uzbekistan think I am living 'super-duper' life here in the U.S. and I don't know some might even compare their life with me and think they are not doing well - if you are comparing yourself with me, please don't - we are not in competition. You don't know what I have gone through and you don't know what I am going through right now. I usually don't talk about the challenges I went through here in the U.S., but it doesn't mean I am living a life without any problems. But even if I have those problems and no matter how slow I am moving forward, I don't see any reason for thinking that I am behind others.

And some people might even go from comparison to jealousy which is the worse form of comparison. The thing is someone's success will not harm you or make you worse off, cause your rizq comes from Allah - only from Him, not from people's success or failure. You have your own path, your own speed. If you want to compete, compete with yourself - try to be better than you were yesterday, a month ago, a year ago. I know sometimes you might think, "Someone graduated at 21, but I'm 23 and just started. Someone my age already has a job and started their own family, but I'm just graduating. Someone got a car at 18, but I'm 24 and still don't have a driver's license." But here's the thing--so what? There's no rule that says everyone should achieve something at the same time or at the same age. They may have gotten a job early, but maybe they don't even like it. If you had been in their shoes, started at the same time, maybe you would've been in the same situation, and it wouldn't have been the right fit for you. Perhaps you're taking a different path because it's leading you somewhere that's better for you.

In the past, I used to be one of those people who compared myself to others and thought I wasn't doing enough because my path looked different. But I stopped doing that a long time ago, and the result? Peace of mind.

What I'm trying to tell you is this--don't let that "illusion" steal your peace. Instead of chasing someone else's path, focus on your own, and trust that you're exactly where you're meant to be.

May Allah always guide us to the right path. Enjoy the Ramadan, buddies!

P.S. Feel free to share your thoughts)