

The Story of Lisa and The Mirror of Truth



THE COMPARISON CURSE

Lisa was a cheerful girl who loved dancing, drawing, and watching funny videos. But lately, scrolling through her tablet didn't make her laugh anymore. Every time she saw someone with new clothes, perfect hair, or a room that looked like a movie set, something heavy sank inside her chest.

"Everyone's life looks so perfect," she thought.
"Why doesn't mine?"

That feeling has a name — comparison — and it sneaks into your thoughts like a whisper. It tells you that you're behind, not enough, or missing something important. But comparison doesn't tell the whole story.

Lisa's Discovery

One afternoon, Lisa sat by her window, staring at her reflection in the glass. The sun caught the surface just right, and her reflection looked brighter than usual — almost like it wanted to talk.

A thought popped into her mind:
What if everyone online feels like this sometimes — even the ones with the biggest smiles?

She leaned closer to the window. Her reflection looked back, patient and calm, as if it already knew the answer.

The Lesson Begins

Lisa began to notice things she hadn't seen before. Her favorite video star sometimes disappeared for weeks — maybe they weren't happy every day either. The perfect pictures she admired were cropped and filtered. Even the most confident kids at school sometimes looked tired when no one was watching.

Comparison is like seeing yourself the way you imagine other people see you. But what if you had a mirror... a magic mirror... that let you see yourself, the way you really are?



"Maybe what I see online isn't the whole truth. Maybe I can start noticing what's real."

That was the first step of her cure.