

Woman
EVOLVE

BKCLB

APRIL 2023

BOOK SUMMARY



KILLING COMPARISON **BY NONA JONES**

BOOK SUMMARY

This honest book is as convicting as it is comforting; providing Nona's truth in a way that welcomes our own.

*At the close of each chapter, Nona provides a **Recall** section (one of the four pieces in the book's toolbox) that recaps the major and most poignant teaching moments in each chapter. Here, those recall moments have been collected for easy access as a quick reference guide to your reading and review.*

WEEK ONE, PART ONE: THE LIES THEY TOLD ME CHAPTERS 1-3

Chapter themes:

- When the Lord is for us, we can be outnumbered but are never unprotected.
- Insecurity uses other people as the measuring stick for our worth.
- Comparison makes what never mattered before the thing that matters most.
- Experiences that expose your insecurity are not the source of your insecurity.

Nona details her tenuous relationship with her body, and how it shaped an experience and identity that led to health and heart challenges in her adolescence and young adulthood. She shared a triggering moment in high school that prompted decades worth of doubt.

Chapter themes:

- At the core of our insecurity is the need to be worthy.
- Just as the hand of a body can create safety and security or create harm and insecurity, so does the hand of a tongue.
- Thoughts don't lead to actions unless you believe them to be true.

Nona recounts some of the traumatic experiences she endured at the hands of her mother and her mothers' boyfriend. As a child, she was sexually and physically assaulted, and attempted suicide. She shares how many of the tenets of the relationship with her body were malformed during these troubling years.

- The effect of hurtful words is cumulative.
- Healthy comparison leads to inspiration.
- Toxic comparison is a deficiency filter that makes everything look worse.

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WEEK TWO, PART TWO: THE SOURCES OF OUR INSECURITY CHAPTERS 4-7

Nona shares a reflection on how her early experiences with social media began to highlight how others' views of her made her feel. She notes this as a point of false security--the affirmations of others as fueling motivators. She also walks through biblical stories - including those of Saul, David and an example of Paul and Jesus that serve as fodder to how our identities are formed, informed and affirmed.

She draws from her personal life and shaping experiences to convey the ways in which identity and insecurity are interrelated, and the falsehoods of external informants that we can easily tie our identities to.

Chapter themes:

- Insecurity leads us to equate attention with worth.
- Comparison changes the way you see yourself because it can cause you to see yourself through the eyes of others.
- Toxic comparison diminishes us by making us small in our own eyes.
- Your identity is secure when you believe what God says about you is true.
- In the absence of comparison, we have nothing to be insecure about.
- Just as insecurity cost Saul the kingdom, it can cost us our calling.

Nona moves on to name and describe five distinct insecure foundations that, if not careful, we can tie our identities to. She highlights specifically: academic credentials, position, vocation, marital status and appearance.

Chapter themes:

- Approval voids get filled with approval substitutes.
- People value what we achieve only in relation to what others achieve.
- The fumes of people's approval won't refuel you when your sense of purpose is on empty.
- Don't exert more energy creating fiction than fixing what's broken.

In continuing the exploration and relationship between security - or lack thereof - and comparison, Nona reflects on the origin of our worth and security and what life occurrences and agreements we potentially make to land us there. She threads her reflection with biblical examples of Jonathan and David.

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Chapter themes:

- You can only be set free from the brokenness you acknowledge.
- When we secure our identity to God's approval his voice becomes the only one that matters.
- Killing comparison requires identifying the insecurity comparison creates.
- Our focus shapes our identity.

In the final chapter of this section, Nona does a deep dive on how humility wards off the negative impact of comparison and helps secure our focus on what's most important, allowing us to celebrate others and honor ourselves.

Chapter themes:

- Humility is your superpower.
- Instead of lifting your heart to inspire your potential, comparison lowers your goal to simply beating the competition.
- It is when we walk in humility that we find true and lasting security.
- Toxic comparison lowers the bar.
- Those with true humility derive their self-view from God, not people.
- Humility is fully occupying the lane of life that God has placed you in.
- Humility kills comparison by occupying the lane that is ours alone.
- Arrogance seeks validation from others; confidence seeks validation from God.
- When we view someone as our competition, we pin our success to their failure. But when we view them as our inspiration, we pin our success to their success.

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WEEK THREE, PART THREE: THE DETOX CHAPTERS 8-11

Nona begins this section by providing strategy on how to guard and navigate through and against the triggering moments and experiences that incite the temptation to compare. She revisits the conference experience - where she was not invited - and reflects on how she continued to be retriggered by events that supported her feelings of inadequacy and comparison.

Chapter themes:

- Guard your eyes to guard your heart.
- What we keep our eyes on shapes the way we see ourselves and the people around us.
- What we see causes selective hearing.
- Saul confused likes with love.
- Renewing your mind requires replacing the lies of toxic insecurity with truth.
- It is easier to notice how we don't measure up than it is to stay secured to the truth that we are approved by God.

In a reflection about what felt like a professional snub while in leadership at Facebook, Nona identifies how she was/is able to pinpoint the emotions that support the temptation to compare and the subsequent cycles it incites. She provides guidance on the accompanying emotions and how to navigate them healthily.

Chapter themes:

- Dulling the pain is not the same as removing the poison.
- God gave us emotions for a reason.
- When we feel bitterness, we see ourselves as a victim of another person's success.
- Insecurity triggers sadness when we perceive a loss of self worth.
- We feel fear when something we value is threatened.
- Fear compels a fight or flight response.
- Shame lives in the hypotheticals of self-blame.

Nona moves into describing the discipline and practice of reframing -- how shaping the narrative of our own story through lack, is one source of comparison. She encourages and gives biblical and present-day examples on what reframing can look like.

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Chapter themes:

- Toxic comparison picks a fight where there is no prize.
- When your insecurity is triggered, turn to the Holy Spirit and ask him for the power to reframe your thinking.
- You kill comparison when you reframe it as celebration.
- We can reframe abandonment as reassignment.
- Greener grass is simply well-watered grass.
- Reframing gives you the power to experience peace through gratitude.

In part three's final chapter, Nona outlines ways to release the thoughts, patterns and conditional framework that powers toxic comparison. She outlines ways to change the paradigm, highlighting specific examples in life, and from accounts in the bible.

Chapter themes:

- We become insecure when we secure our identity to insecure foundations.
- Sensitivity to being left out gave me empathy for others who were left out.
- Releasing the expectation of recognition kills comparison in our hearts.
- What we are exposed to influences what we expect of ourselves.
- A deficit mindset believes there is a limited amount of good to go around.

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WEEK FOUR, PART FOUR: LIVE ENCOURAGED AND INSPIRED CHAPTER 12

Nona closes the book with an admission that her journey remains an ongoing one, requiring her to take daily steps to kill comparison and rest in the truth of where her security comes from. She shares recent life occurrences that have highlighted the work she must continue cultivating.

Chapter themes

- Tomorrow is a new day that will challenge us in new ways
- When we encourage someone, we place courage in them.
- Biblical inspiration allows scripture to speak into our situations in relevant ways.
- People who have access to your heart also shape your thoughts.
- We can only be healed by sickness we confront.

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