**Assimilation**

**Upward comparisons and downward social comparison**:

 Upward comparisons are one type of [social comparison](http://psychology.about.com/od/sindex/g/Socialcomp.htm), or an assessment of how we measure up against our peers. When we make upward comparisons, we judge ourselves against people who are more skilled or fortunate than ourselves. For instance, a teen that is average at math might compare herself to the best math student in her class and think, "I got an 85% on this exam, but Pamela got a 100%. I am doing so badly." Upward comparisons are the opposite of downward comparisons. While the downward comparison is the posit case. As it could be downward comparison posits that persons experiencing negative affect can enhance their subjective well-being through comparison with a less fortunate other, the process occurring on either a passive or active basis. The present author discusses the basic principle of downward comparison and its corollaries and suggests that these represent the motivational process for phenomena observed in several areas of social psychology. Evidence is considered from studies of the fear-affiliation effect, choice of others for social comparison, scapegoating, projection, aversive environmental events and attraction toward others, social prejudice, hostile aggression, and humor.

**Traits**

 I have found myself do this even unconsciously I know other people do too especially female with all respect compare their hair style with others. Let me put all this in one occasion I found myself. I was invited to a patty by my friend Sam, I never remember to ask more question about the type of people that will be there, the food type, the **dressing type** and sex I mean things I would like to know before going there. When I stepped into the hall the first was to look at the dressing of others and all the trait listed above I found that I was over dress the majority of them were on casuals while I was on my best suit I was uncomfortable with the whole thing as find myself in downward comparison in my dressing compared to others. **Hair style** – why do some cut their hair bold skin and yours is long, **Food eaten** –you want to ask why they eat such a food like people frog some snake just because you don’t eat it or do or because you are better or less them comparison come in either downward or upward. **Dating rituals** – some people can’t date some race, if you say hi to a lady of different race most of them for race sake will ignore you. You still find these traits in **Family relationships** step children to the other children.

We still found ourselves in this issue and comparison if you are in the mist of different race and you are the only one there. One friend night my co-worker invited me to their church I was the only black skin there the behavior and thing look different as many eyes on me may be some will be saying who is he or why is he here even though they look friendly but for the first hour I was in battle with my upward and downward comparison.