



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Stop Seeking Approval

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We all seek validation from others to some degree. It feels good to be approved of. Though, when your self-worth is healthy, you know in your heart that you are valuable and worthy—exactly as you are, without having to do or prove anything—to yourself or others.

If you have low self-worth, this 'inner knowing' is usually clouded by beliefs you have about yourself. If this is the case, you'll be more likely to want approval from others—as you're not providing it for yourself.

Begin by improving your self-worth. To do this first notice which beliefs you have about yourself and how they may prompt you to seek validation from others.

A really good exercise to give you clear insight into the kind of thoughts you're having, how you habitually talk to yourself—is to get it all down in black and white.

This exercise will take only a few minutes each day.

On a blank piece of paper, and without thinking about what you're going to write, begin to jot down the stream of thoughts running through your mind. Take no notice of any spelling or grammatical mistakes. Without pause, or reflecting on the content, write until the page is filled.

This writing exercise is useful with many different issues in life, especially when you're finding it difficult to make a decision. Give each piece of paper a title before you begin. An example in this case could be; "When do I tend to seek approval from others".

These days, social media supports the addiction of approval-seeking—encouraging us to base our worth on something as flimsy as what others think. Just ask yourself how you feel if you get 1 or 100 likes on something you post.

It also encourages us to compare ourselves to others who seem—from the things they post—to be living perfect lives. Remind yourself regularly that people only tend to post the highlights of their personality or experiences. Not many people are willing to appear vulnerable so publicly. It isn't the whole picture.

Sometimes we try to please others due to a fear of conflict with that person. When you ignore your inner voice, and what feels naturally right or wrong for you—you tend to dishonour yourself, and repress emotion. If you don't honour your own truth you will always feel a sense of lack. If you have a dependency on other people's opinions, you potentially fall apart when they don't agree with or appreciate what you do.

Realise that you're a unique being, with qualities, talents and values different from other people's. You have your own path—as others have theirs.

When you get an urge to look to others for approval, try to pause and ask yourself;
"What do I think about this?" "Why do I need someone else's thoughts"?