

## **Self-Validation - How to Stop Seeking Approval from Others**

### **1. Try to Understand Why You're Seeking Approval**

In many cases, a tendency to seek approval from others can stem from something in your past.

*Ask these questions;*

- *What do I think about this?*
- *Why don't I trust my own opinion in this matter?*

Perhaps you'll find you are seeking approval because you're uncertain, or perhaps you feel certain, but you're seeking approval because you want someone else to like or accept you. Understanding the motive behind your need for approval is an important step in overcoming it. You may even want to journal some of your thoughts and then come back to it later and do more evaluation.

### **2. Learn to Accept Yourself for Who You Are**

This means noticing your thoughts, self-talk and being sure you working on self-love. Giving ourselves love and compassion, helps us to respect ourselves and the decisions we make. No one else has lived our life and had our experiences. Just because we're not going down the same path as other people doesn't mean it's the wrong path. We know what's best for us, and we can take in opinions, but not value those higher than what we think or feel. When you do make a decision, check in with yourself that it feels right, remind yourself that it is your choice, and give yourself validation for just being you.

When you strengthen your core foundation, you will begin to feel strong enough to go with what feels right for you. This way, you will no longer feel the need to look to others to feel good enough about your choices and decisions.

Perhaps you can journal some positive affirmations and read them daily. Remind yourself that you are beautiful, smart, courageous and resilient. We are working on building up our self-confidence and our truth, so being able to take out those negative thoughts and replace them with healthier ones can help to start our journey to creating our self-validation.

### **3. Embrace a Growth Mindset**

It's important to realize that challenges will arise and sometimes no matter what our decisions are, we might be faced with disappointment. This is when we need to look at things as not being a setback or mistake, but a learning experience. We are always learning and it's important to let go of being perfect or being upset with ourselves when things do not turn out the way we'd hoped they would. We are always growing and learning.