

Strategies for dealing with the APPROVAL SEEKING schema

- 1) Recognize your AUTHENTIC self as opposed to your approval seeking self.
- 2) Stop suppressing emotions and your natural inclinations for the sake of approval/recognition
- 3) You will be happiest and most fulfilled when you express your authentic emotions and act on your natural inclinations.
- 4) Accept that other people's approval is a superficial and transient form of gratification.
- 5) Work hard to discover your authentic self. If you have suppressed this for many years, it may not be readily apparent.