

## Relationship Rescue (3): Dropping Our “Need” For Approval

In video #2, I talked about replacing control with an invitation to the team. This video is about one important aspect of letting people be on your team, which involves letting go of your “need” for approval.

This life is NOT about approval – it’s about two things:

- 1.)gaining wisdom
- 2.)and learning to love.

And seeking approval gets in the way of both of these important life goals.

Anyone who loves me knows the real me and has a deep affection for me.

If I pretend to be someone other than myself, in order to gain approval, people can never know the real me. Which means that they can’t love me.

The approval thing even keeps us from ever learning to love ourselves!!

So, I know it’s risky, being the real you - some people won’t like you.

But, the people who could like and love the real you will have a chance to do so. And they will. And the people who love you could now include you!

The second goal – wisdom – also requires that we quit seeking approval.

Whenever you are defending your point of view, instead of listening, you miss the chance to grow the relationship and to learn. Wise people know that every person they meet has something important to teach them.

When you feel yourself fearfully explaining yourself, instead of listening, ask yourself, “What would my non-fearful self do?”

Your relationships will start to get far more interesting, in that moment!

---- Dr. Glenn Pickering