

Pit stop 2 : The Power in Approval

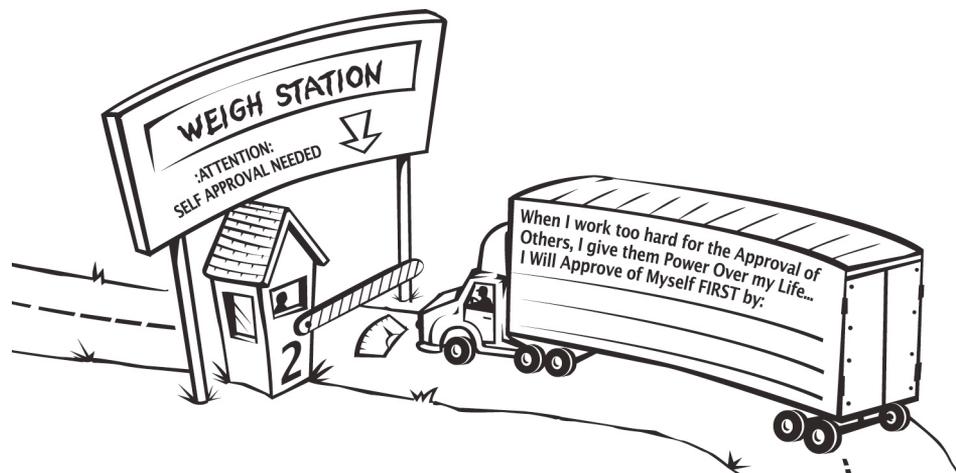
Facilitator Focus:

Purpose 1:

To help participants learn to find the approval they seek not on a world they cannot control but within themselves.

Purpose 2:

To help participants recognize the powerful effect they can have when they 'approve' or 'disapprove' of others.



The Power in Approval

What are some words that define approval for you?

<u>Appreciation</u>	<u>Acknowledgement</u>	<u>Love</u>
<u>Support</u>	<u>Popularity</u>	<u>Money</u>
<u>Acceptance</u>	<u>To Please someone else.</u>	<u>To fit in</u>

Why is it important that to talk about APPROVAL in the study of Meography?

<u>People seek approval.</u>
<u>People have the power to approve and disapprove of others.</u>
<u>B/c when someone is trying to get approval from someone else, they give away personal power</u>

Who do you want get approval from?

<u>Friends / peers</u>	<u>teachers</u>	<u>clubs/organizations</u>
<u>siblings</u>	<u>Parents</u>	<u>friends' parents</u>
<u>Coaches</u>	<u>opposite sex</u>	<u>your community</u>
<u>Teachers</u>	<u>religious leaders</u>	
<u>God (may or may not be able to use this one)</u>		

What are some ways people show you their approval or disapproval?

<u>Non-verbal gestures</u>
<u>Words: compliments / gossip / negative comments directly to us</u>
<u>Voice inflection</u>
<u>Money</u>

How do you feel when you get approval?

(Does it depend on what you had to do to get it?)

<u>satisfied</u>	<u>guilty</u>
<u>good</u>	<u>embarrassed</u>
<u>confident</u>	

How do you feel when you DON'T get approval?

<u>Sad</u>
<u>Not good enough</u>
<u>Disappointed</u>
<u>Lack of confidence</u>
<u>Like a failure</u>

The Power in Approval

What are some dangerous/unhealthy ways people seek approval?

<u>Clothing</u>	<u>Gossip</u>
<u>Weight control / eating disorders</u>	<u>Cheating in school</u>
<u>Suicide (threatening, too)</u>	<u>Starvation</u>
<u>Sex</u>	<u>Bad language</u>
<u>Drugs / alcohol</u>	<u>Bullying others / fighting</u>
<u>Dares / stunts</u>	<u>Lying</u>
<u>Class clown</u>	<u>Plastic surgery</u>
<u>Make fun of yourself</u>	

What is the danger when you depend solely on the approval of other people?

You may have to go against your values to get the approval
You may have to change who you are to get the approval
You doubt yourself when you don't get the approval
You might do harmful things to yourself or others
Creates low self-esteem
Causes you to do the things listed in the previous question
You may sacrifice all this and still never get approval
You lose friends

We will be exploring approval from two angles:

1. What does someone have to do to *GET* your approval?
2. What do you require of yourself to get YOUR OWN approval?

Why is it important to identify how you hand out approval and disapproval to others?

There is power in your approval.
You could be putting other people in danger by making them work too hard for your approval?
You could you be causing them to do some of the unhealthy things you listed above?
Are your standards fair? What is fair when it comes to judging others? Is there such a thing?

Why is it important to identify how you approve or disapprove of YOURSELF?

To recognize if you are being too hard on yourself
To recognize if you are being too hard on others.
To be realistic about what you expect of yourself
To set realistic standards for yourself
To learn how to love who you are

The Power in Approval

Let's take a look at approval from YOUR point of view.

What does someone need to do to get <i>your</i> approval? Fill in the blanks...	Is this Realistic?		WHY?	What do I need to change?
	YES	NO		
To get my approval, a person needs to..... <i>Always be positive.</i>		✓	<i>b/c life is hard sometimes and people need space to live it their own way</i>	<i>I need to accept people for who they are w/o trying to judge them or change them.</i>
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				
To get my approval, a person needs to.....				

have the students fill out column 1 first as quickly as they can without thinking about it too much. Gut reactions are the best reactions. Once column 1 is complete let them finish the rest of the worksheet

The Power in Approval

Approving of your SELF is WAY more important than getting approval from anyone else! Why?

You have to live with yourself.
You need to like yourself.
Getting approval of others takes a lot of your energy and may not even get useful results.

	Is this Realistic?		Does something need to change?		HOW?
	YES	NO	My expectation?	My actions?	
What do YOU need to do to get YOUR OWN approval? Fill in the blanks...					
To get my own approval, I need to _____ <i>Not fail at anything.</i> _____		✓	✓		<i>I need to accept that I cannot be perfect. If I fail at least I tried and I can learn from my failure.</i>
To get my own approval, I need to _____ <i>stick to my values.</i> _____	✓			✓	<i>I need to remind myself more often what is important to me.</i>
To get my own approval, I need to _____					
To get my own approval, I need to _____					
To get my own approval, I need to _____					
To get my own approval, I need to _____					
To get my own approval, I need to _____					

Have the students fill out column 1 first as quickly as they can without thinking about it too much. Gut reactions are the best reactions. Once column 1 is complete let them finish the rest of the worksheet

The Power in Approval

Look at the worksheets on page 41 and 42 to compare what you expect others to do for your approval and what you expect of yourself.

Answer the following questions.

List the differences.

The goal here is to help the students realize if they are being too hard on themselves or if they are expecting too much of other people. You can ask for feedback and help them talk about why the rules are different for each list...

Do you set higher standards for other people than you do for yourself?

OR...

Do you set higher standards for yourself than other people?

If your lists are in fact different, why are they different? List at least two reasons.

1.

2.

Are your expectations too high for your own approval?

Are your expectations too high for others to get YOUR approval?

If your expectations are too high for others, what damage can that do to your relationships?

List at least three ways relationships can be damaged.

1.

2.

3.

The Power in Approval

How do you feel and act when you are disapproving of someone else?

I feel like...

I act like...

If your expectations are too high for your SELF, what can that do to the relationship you have with your SELF?

List three things that might happen.

1.

2.

3.

How do you feel and act when you are disapproving of someone else?

I feel like...

I act like...

“Do you need to change your expectations or your actions?”

Are your expectations too high of yourself or for other people?

If your expectations seem impossible, you might need to change them...

If the approval you seek from your SELF is fair and doable, can you change your actions to meet those expectations?

The Power in Approval

Personal Exploration:

Whose approval do you need the most?

List five people and write down HOW you know you've gotten each person's approval.

<i>I need this person's approval.</i>	<i>I know I've gotten it when...</i>

Go to your map and look at your values.

List them here.

Do you ever act against Your Values when you try to get approval from your SELF or someone else?

Write down an example here.

The Power in Approval

How do you feel about your SELF when your actions and your values don't match up?

What can you change about your actions to respect your value in the example above?

It's important to seek YOUR OWN approval first. How will you do that? Go to the map at the end of your workbook and list some ideas on the icon that looks like this...



