

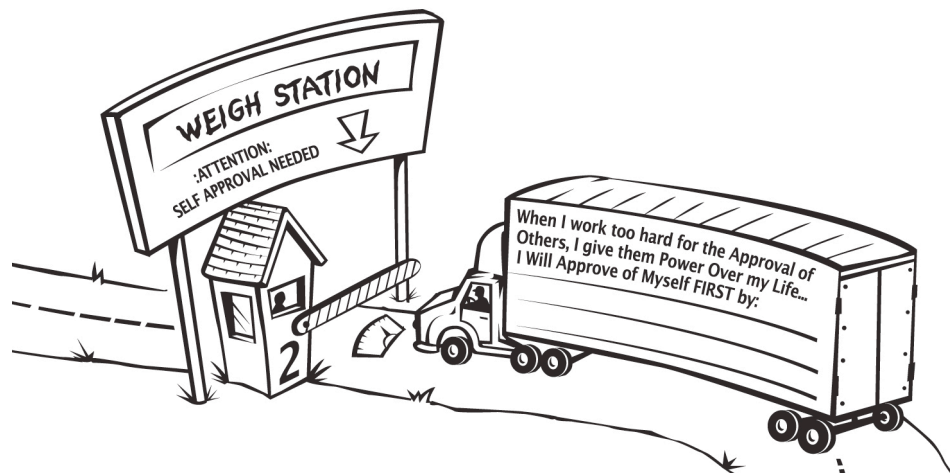
Pit stop 2 : The Power in Approval

Purpose 1:

To help you learn to find the approval you seek not from a world you cannot control but within yourself.

Purpose 2:

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



The Power in Approval

What are some words that define approval for you?

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

Who do you want get approval from?

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

How do you feel when you get approval?

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

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

The Power in Approval

What are some dangerous/unhealthy ways people seek approval?

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

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?

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

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 _____				

The Power in Approval

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

	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 _____					

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.

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?

<p><i>I feel like...</i></p> <p><i>I act like...</i></p>

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.

<p>1.</p> <p>2.</p> <p>3.</p>

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

<p><i>I feel like...</i></p> <p><i>I act like...</i></p>

“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...

