



**HAVASS**  
Academy & Coaching

## DAY 12

*Do you know that one of the biggest things that affects our self-esteem is the need for approval?*

*The need for approval causes us to change our form and take the form of the people we want to be approved by.*

As long as they approve, we exist, we feel great. What if they do not approve of us? Then we feel like nothing. Above all, we want to be approved by our family. We strive to be AWESOME to our family who raised us and put in a lot of effort. Most people don't do this consciously. The need for family approval starts at a very young age. We want to be a "good boy", a "good girl", a "smart boy". It is of great importance for us to hear "Well done!". As we grow up, this need to hear a "well done" manifests itself in other ways.... He can't understand why he feels so uncomfortable when he can't find a job. It's like there's a problem other than lack of money.

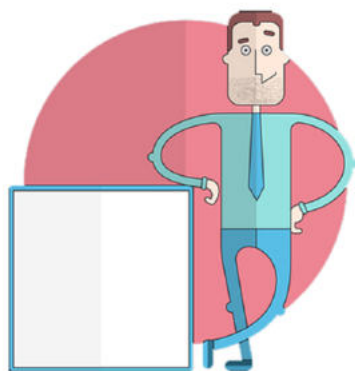


### **BINGO!**

He wants his father to be proud of him and tries to prove that he is worthy of him. He can't understand why he feels guilty about not being married. It's like there's a problem other than not having the relationship he wants. AGAIN BINGO! He couldn't have the wedding his mother always dreamed of. Will his mother, who worked so hard on him, not see his happiness? This can't be true! Even though we are adults, everything we want is still a "well done". How strange, isn't it?

It's time today to confront someone (or a few if you want) in your family. Don't be afraid, we don't carry swords. It will be a very elegant and loving confrontation. What you will do is ask someone in their family, or as many people as you like, to tell you which of your qualities they value most.

In this way, you will find that you are unconditionally loved by them. You are wonderful and worthy of being loved without going their way and meeting their expectations. Maybe they love and approve of you as you already are. Maybe they have a thousand reasons to appreciate you, to be proud of you .... I'm sure, I just want you to see it. :) See you tomorrow!



### **Tasks**

- Ask your family to list some of your qualities that they value. Write these qualities on the worksheet.
- Read along with what you wrote on the 1st, 2nd, 3rd, 4th, and 5th day.
- Listen to your affirmation before you go to sleep at night.

