

AI-00388 Admiration-Seeking

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What is the concept of admiration? What is the official term for humans seeking for admiration? What is the psychodynamic of admiration? What is the reasoning why some humans seek admiration and some don't? What is the mental process involved in admiration seeking?

Admiration is a positive emotion that we feel towards someone or something that we find worthy of respect, esteem, or high regard. It is often accompanied by feelings of awe, respect, and appreciation.

The official term for humans seeking for admiration is **admiration-seeking**. It is a common human behavior that can be motivated by a variety of factors, such as a need for validation, a desire to feel important, or a fear of being rejected.

The psychodynamic of admiration is the unconscious process by which we seek out and derive pleasure from the admiration of others. This process is often rooted in our early childhood experiences, when we learned to associate positive attention with feelings of love and acceptance. As adults, we may continue to seek out admiration as a way of validating our self-worth and feeling connected to others.

There are a number of reasons why some humans seek admiration more than others. Some people may have a stronger need for validation than others. Others may have experienced early childhood neglect or rejection, which may have left them with a deep-seated insecurity that they need to compensate for. Still others may simply enjoy the feeling of being admired and praised.

The mental process involved in admiration-seeking can be complex and varied. However, it often involves a combination of conscious and unconscious factors. On a conscious level, people may seek admiration by trying to achieve success, gain power,

or become famous. On an unconscious level, people may seek admiration as a way of coping with feelings of insecurity or low self-esteem.

Here are some of the mental processes involved in admiration-seeking:

- **Attribution:** People who seek admiration often attribute their successes to their own abilities and qualities, while attributing their failures to external factors. This helps them maintain a positive self-image and avoid feeling insecure.
- **Self-enhancement:** People who seek admiration often engage in self-enhancement strategies, such as exaggerating their accomplishments or downplaying their weaknesses. This helps them feel more confident and worthy of admiration.
- **Social comparison:** People who seek admiration often compare themselves to others who they perceive as being more successful or admirable. This can motivate them to achieve greater things, but it can also lead to feelings of envy or inadequacy.
- **Need for approval:** People who seek admiration often have a strong need for approval from others. They may be more likely to conform to social norms and expectations in order to gain the approval of others.

Admiration-seeking can be a healthy or unhealthy behavior, depending on the individual and the context. In some cases, it can be a motivating force that helps people achieve great things. However, in other cases, it can be a destructive force that leads to narcissism, self-absorption, and interpersonal problems.

If you are concerned that your admiration-seeking behavior is becoming unhealthy, it is important to talk to a therapist or counselor. They can help you understand the underlying causes of your behavior and develop healthier coping mechanisms.

List 20 signs that I am seeking admiration.

Here are 20 signs that you are seeking admiration:

1. You constantly talk about your accomplishments, even when they are not relevant to the conversation.
2. You brag about your possessions, talents, or relationships.

3. You need to be the center of attention at all times.
4. You are easily offended when you are not praised or admired.
5. You are always trying to one-up others.
6. You are very sensitive to criticism.
7. You have a hard time accepting compliments.
8. You are always seeking validation from others.
9. You are afraid of being rejected or ignored.
10. You have a strong need to be liked and approved of.
11. You are very competitive and always want to win.
12. You are easily bored and need constant stimulation.
13. You have a grandiose sense of self-importance.
14. You believe that you are superior to others.
15. You lack empathy for others.
16. You are manipulative and exploitive of others.
17. You have a sense of entitlement.
18. You are arrogant and condescending.
19. You are always looking for ways to boost your ego.
20. You are unable to handle criticism or defeat.

It is important to note that everyone seeks admiration to some extent. However, if you find that you are exhibiting many of these signs, it may be a sign that you are seeking admiration in an unhealthy way. If you are concerned about your admiration-seeking behavior, it is important to talk to a therapist or counselor. They can help you understand the underlying causes of your behavior and develop healthier coping mechanisms.

It is also important to remember that admiration is not the only way to feel good about yourself. There are many other things that can give you a sense of worth and value, such as:

- Accomplishing your goals

- Helping others
- Learning new things
- Spending time with loved ones
- Taking care of your physical and mental health

If you can focus on these things, you will find that you need less admiration from others to feel good about yourself.

Is the social media a platform for admiration seekers?

Yes, social media can be a platform for admiration seekers. The features of social media, such as the ability to share posts and photos with a large audience, the ability to get likes and comments, and the ability to follow and be followed by others, can all be used to seek admiration.

For example, someone who is seeking admiration might post photos of themselves that are flattering or that show them in a positive light. They might also post about their accomplishments or their possessions. They might also try to get as many likes and comments as possible on their posts.

Of course, not everyone who uses social media is seeking admiration. However, the features of social media make it easy for people to do so, and it is something that many people do.

Here are some of the ways that social media can be used for admiration seeking:

- **Posting flattering photos or videos:** People who seek admiration may post photos or videos of themselves that are flattering or that make them look good. This can include photos of themselves at the gym, at the beach, or with friends.
- **Sharing about accomplishments:** People who seek admiration may also share about their accomplishments on social media. This could include things like getting a promotion, graduating from school, or winning an award.
- **Bragging about possessions:** People who seek admiration may also brag about their possessions on social media. This could include things like their cars, their homes, or their clothes.

- **Seeking validation:** People who seek admiration may also constantly seek validation from others on social media. This could include asking for likes, comments, and shares on their posts.
- **Comparing themselves to others:** People who seek admiration may also compare themselves to others on social media. This could lead to feelings of envy or inadequacy.

If you are concerned that you or someone you know may be using social media in an unhealthy way to seek admiration, it is important to talk to a therapist or counselor. They can help you understand the underlying causes of the behavior and develop healthier coping mechanisms.

What is the unhealthy vs healthy side of admiration? Where is the borderline of unhealthy admiration-seeking?

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Admiration, like many emotions, can have both healthy and unhealthy aspects. Here's a breakdown of both:

Healthy admiration:

1. Inspiration: Healthy admiration can inspire you to learn, grow, and become a better version of yourself.
2. Motivation: It can serve as a source of motivation to achieve your goals and aspirations.
3. Role models: Healthy admiration of someone's qualities or achievements can lead to positive role models in your life.
4. Building connections: Admiring someone can be the foundation for building positive relationships and connections with them and others who share your admiration.

Unhealthy admiration:

1. Obsession: When admiration becomes an obsession, it can lead to an unhealthy fixation on someone, which may result in neglecting your own well-being and priorities.
2. Low self-esteem: Constantly seeking admiration from others can be a sign of low self-esteem, where your self-worth depends on external validation.

3. **Jealousy and competition:** Unhealthy admiration can lead to feelings of jealousy and unhealthy competition with the person you admire or others who admire them.
4. **Boundary issues:** Crossing personal boundaries, stalking, or intrusive behavior can occur when admiration becomes unhealthy.

The borderline of unhealthy admiration-seeking is often crossed when it interferes with your well-being or the well-being of others. Signs of unhealthy admiration may include an inability to focus on your own life, feelings of jealousy or inadequacy, and a disregard for personal boundaries.

It's essential to maintain a healthy balance by acknowledging and appreciating the qualities you admire in others while also nurturing your self-esteem, focusing on your goals, and respecting both your boundaries and the boundaries of those you admire. If you find that admiration is negatively impacting your life, seeking guidance from a therapist or counselor can be beneficial.

Tell me more.

ChatGPT

Certainly, here's some more insight into healthy and unhealthy admiration:

Healthy Admiration:

1. **Inspiration and Growth:** Healthy admiration often serves as a source of inspiration. When you admire someone for their achievements or qualities, it can motivate you to strive for similar accomplishments or personal growth.
2. **Learning and Development:** It can lead to a desire for learning from the person you admire. You might seek out their advice, read their books, or study their life and work to gain valuable insights.
3. **Positive Role Models:** Healthy admiration can help you identify positive role models who embody values and qualities you want to incorporate into your own life.
4. **Building Connections:** Admiring someone can be a foundation for building meaningful connections. It can provide a common interest or shared admiration that fosters positive relationships.

Unhealthy Admiration:

1. **Obsession and Fixation:** Unhealthy admiration can turn into an obsession or fixation. This might manifest as constantly thinking about the person, stalking their

social media profiles, or neglecting your own life in favor of focusing on them.

2. **Dependence on External Validation:** When your self-worth becomes heavily dependent on the approval or admiration of someone else, it can lead to low self-esteem and anxiety. Your mood and self-esteem may rise and fall based on their reactions or attention.
3. **Jealousy and Unhealthy Competition:** Unhealthy admiration can breed jealousy, envy, and unhealthy competition. Instead of being motivated to improve yourself, you might feel bitter or resentful towards the person you admire or those they interact with.
4. **Lack of Boundaries:** In extreme cases, unhealthy admiration can lead to a lack of boundaries. This may result in invasive behavior, such as stalking or attempting to insert yourself into the person's life without their consent.

The key to maintaining a healthy balance is self-awareness and self-regulation. Recognize when admiration is motivating and positive versus when it's becoming obsessive or detrimental. If you find that your admiration is causing distress or negatively impacting your life, consider seeking support from a mental health professional who can help you address these feelings and establish healthier boundaries