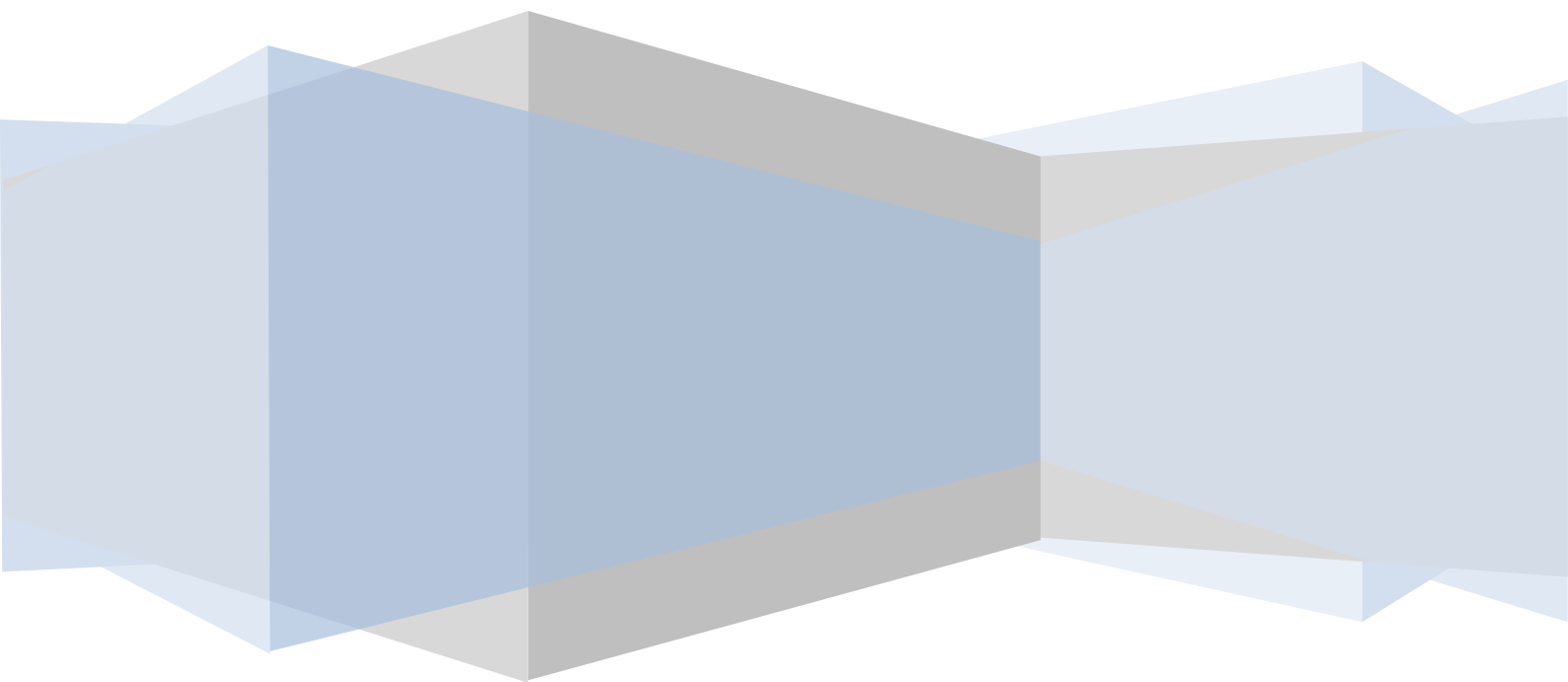


The Inner Coach

Approving My Need For Approval

Keith Collins



Deep down, I intuitively know that I am perfect.

On the surface, I experience with my physical senses all the imperfection of life.

In my created reality, I disapprove of all the imperfection because I know that it is not really me.

The experience of my created reality reinforces my disapproval of my Self.

My Self has created an imperfect reality and the disapproval of its own creation.

My reality is that my disapproval of me has created the disapproval of my Self by myself.

In the disapproval of my Self, I believe that I need approval and I seek it from those closest to me who reflect that disapproval to me.

Their approval replaces the emotional energy that my disapproval depletes.

Sub-consciously, I know that I need approval and my behaviour is driven by that need for approval from the only place that I have ever received it – friends and relatives who have given me their approval in the past.

Once conscious of my need for approval, I can consciously choose my source of approval and learn to unconditionally give approval to my Self.

The only time that I do not need approval is the time when I already have it.

The only way to have self-approval is to attain the state of Being Approving.

When I am being unconditionally approving of my Self, I am being as my Soul and life is Divine.

Needing Approval can take two different forms.

It can be either subjective or objective.

When subjective, my need is for the approval of my behaviour by others.

When objective, it is my need to approve of the behaviour of others.

I need subjective approval to endorse my own behaviour.

I need to objectively approve of the behaviour of others to ensure that my boundaries are not crossed.

Subjective disapproval of my Self creates the need for approval from others.

It is my lack of self worth caused by my inability to see my own true value.

Objective disapproval of others causes my need to approve of others.

It is my lack of self confidence caused by my inability to allow others to follow their own, path because of my own insecurity.

My approval of my Self and others is relative to my sense of self esteem.

With enough self-confidence & self-worth, I have no need of approval either subjectively from others or objectively for others.

Disapproval is the emotional energy drain that I experience when someone crosses my boundaries.

My boundaries are the behaviour that I find acceptable from other people.

I disapprove of unacceptable behaviour.

I cannot disapprove and be approving.

Unacceptable behaviour disallows my being accepting.

My boundaries ensure that other people's behaviour is acceptable.

Extending my boundaries allows me to be more accepting and more approving.

The more resolute are my boundaries, the more disapproval that I will encounter.

Non-approval is the emotional energy drain that I experience when someone else disapproves of my behaviour.

I invite their non-approval when I cross their boundaries and my behaviour is unacceptable to them.

When I unconditionally accept the behaviour of all others, and approve of who they are being, all others are allowed to be unconditionally approving of my Self.

It also allows my Self to be unconditionally approving of my Self, as is my Soul.

Disgust is my extreme disapproval..

When I strongly disapprove, I am disgusted by what I am experiencing.

The need for approval can be subjective or objective; but never adjective.

I cannot be disgust.

I can be objectively disgusted by others bad behaviour.

I can be subjectively disgusted by my own bad behaviour.

I subjectively disapprove of myself and I objectively disapprove of others.

Disgusting behaviour is my judgment of my Self or other people.

It is behaviour that strongly conflicts with my standards or my boundaries because I believe it to be morally, ethically or socially wrong.

Disgust is a principle.

I react to disgustingly bad behaviour on the principle of not tolerating bad manners.

With no need for approval, I have no need to approve, no need to disapprove and no need to be disgusted by the behaviour or manners of myself or other people.

Keith Collins

The Inner coach

July 2013

theinnercoach@me.com

<http://www.theinnercoach.eu>