



Courage **Compass**
THERAPY

Your 13 point checklist to
**DROP THE
ADDICTION
TO APPROVAL**

Anya Surnitsky, LCSW, CDWF

www.couragecompasstherapy.com



You can be the ripest, juiciest peach in the world, and there's still going to be somebody who hates peaches.

--Dita Von Teese.

- ▶ Realize that you can't please all of the people all of the time. You can turn yourself inside out trying to be the perfect mom, hostess, spouse, employee, boss, or friend.
- ▶ Perfection is an illusion. A photo-shopped, edited, and tweaked mirage. No one can ever reach the summit. Do you want to die trying, or accept yourself as you are, and those who don't can go you know what?
- ▶ At the end of the day, you cannot control what others think and you can't assume you really know what they think. As much as you think you've been able to read each subtle look, glance, gesture, or smile, you really can't know for sure unless someone makes it explicitly clear.

▶ *Ask Yourself:*

- What do I think I will gain if I pursue this person's approval?
- If I do x for them, then they will think y?
- And the reverse: if I don't do x, then they will think y.

Stop and think:

- What are the actual facts?
- What do I know to be true about this situation?

- How can I be certain that the "y's" will be what I assume they'll be?
- What if they are totally different?
- Do you really have as much control over the situation as you first thought?



I know you so want to say, "Yes, but..."

But nothing. Everyone has his or her own bias. History. Experiences. Perspective. Each person will filter your actions through his or her own lens. You simply CANNOT KNOW what they are thinking. Even if you try to control it. You just can't.

When you continue riding this merry-go-round, resisting the truth, that you cannot win everyone's approval, you will literally lose yourself as you go around in circles. C'mon. You are worth so much more than that.

Ask Yourself:

- What am I making up will happen to me if I don't get this person's approval?
- Will I be able to survive that? And how can I take care of myself before, during, and afterwards?
- Have I survived something similar to that before?
- How do I know that my actions really have the impact I'm imagining they have on this person? (i.e you may be imagining that this person will be angry and disappointed for months, when in reality, they may forget it the next hour or the next day).
- What permission do I need to give myself to start paying more attention to what I think, what I want, and what I need? To ask this question another way, fill in the blank: If only I could/ if I only had _____, then I would be able to focus more on myself.



Three



Hey, I'm Anya! I genuinely hope that this checklist has led you to consider changing your approach to relationships so that you get more of what you deserve (and don't give away the farm in the process).

The key is, we don't have **DO ANYTHING** to be worthy. We're worthy now. As is. With pimples, cellulite, a messy house, unanswered texts, kids that don't listen all the time, etc. We are born worthy and we're born imperfect.

It's ok if you don't believe me yet. It's my mission to help you harness the courage to absorb these ideas in order to live more fulfilled and alive.

I'd love to hear how this checklist is helping you drop the approval charade, or if you have any questions for me!

Feel free to email me at anya@couragecompasstherapy.com.

