

# Liked: Whose Approval Are You Living For?

In today's social media-driven world, it's easy to get caught up in the endless pursuit of likes, followers, and validation. But what happens when our self-worth becomes tied to the opinions of others? **Liked: Whose Approval Are You Living For?** by Amy Morin is a thought-provoking book that challenges us to break free from the shackles of external validation and discover our true selves.

Morin, a licensed clinical social worker and psychotherapist, has spent years helping people overcome the negative effects of self-doubt and insecurity. In **Liked**, she shares her insights into the psychology of validation and offers practical strategies for living a more authentic and fulfilling life.



## **Liked: Whose Approval Are You Living For?** by Kari Kampakis

★★★★☆ 4.7 out of 5

Language : English  
File size : 1260 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 194 pages

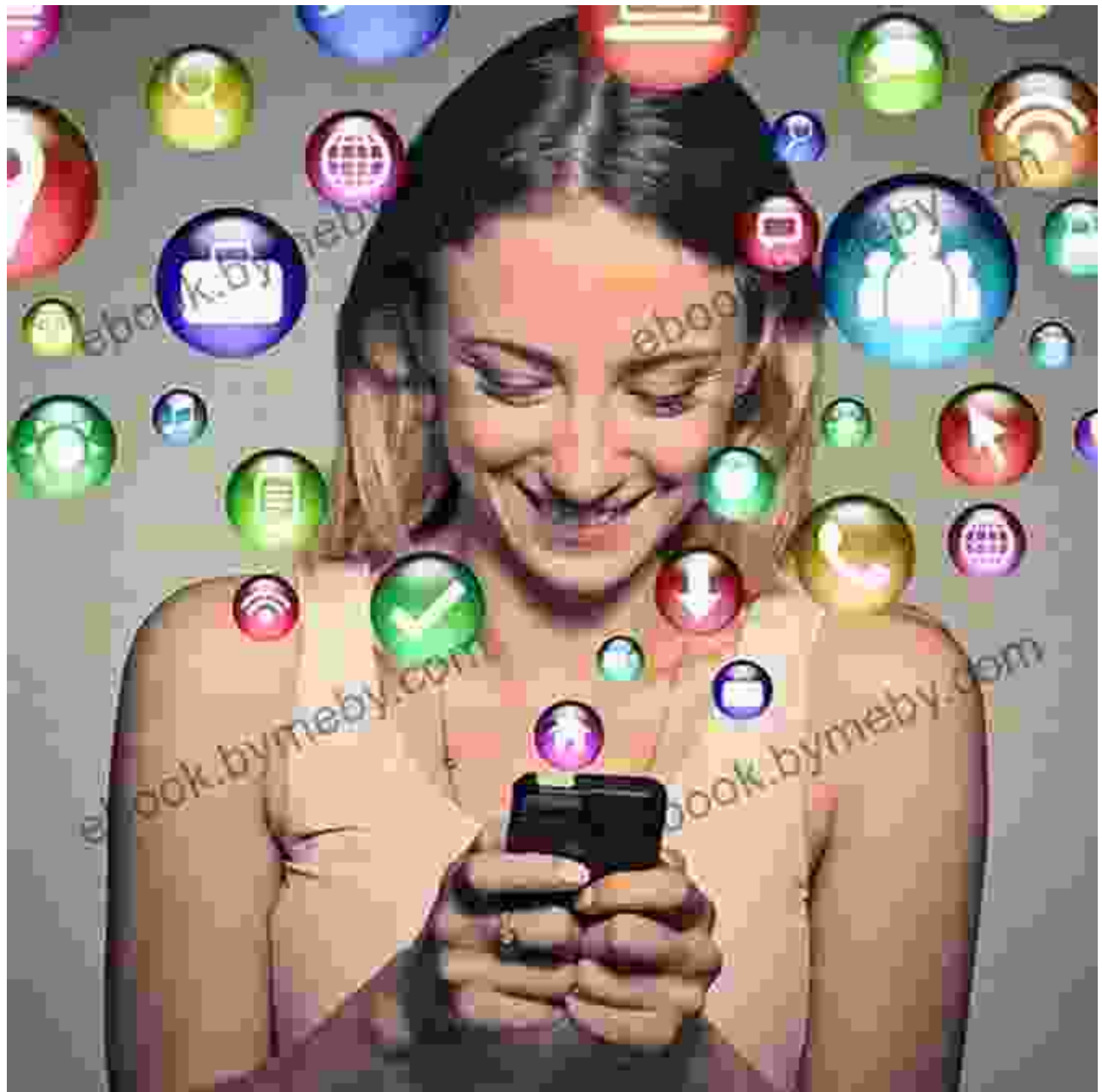


## **The Dangers of External Validation**

External validation, or seeking approval from others, can be a double-edged sword. On the one hand, it can provide us with a temporary boost of

self-esteem. But on the other hand, it can also lead to a cycle of dependency and self-sabotage.

When we rely on others for our happiness and fulfillment, we give them the power to control our emotions. This can lead to anxiety, depression, and even addiction. We may also find ourselves making choices that are not in our best interests, simply because we want to be liked and accepted.



## **Breaking Free from the Approval Trap**

So, how can we break free from the approval trap and start living for ourselves? Morin outlines six key steps in **Liked**:

### **1. Identify your triggers.**

The first step to overcoming external validation is to identify the situations and people that trigger your need for approval. Once you know what sets you off, you can start to develop strategies for coping with them.

### **2. Challenge your negative thoughts.**

When you find yourself feeling insecure or doubtful, challenge your negative thoughts. Ask yourself if there is any evidence to support these thoughts. Chances are, they are simply based on fear and anxiety.

### **3. Focus on your values.**

What are the things that are most important to you? What kind of person do you want to be? When you focus on your values, you will be less likely to make decisions based on what others think.

### **4. Practice self-compassion.**

Be kind and understanding towards yourself. Everyone makes mistakes. Forgive yourself for your shortcomings and learn from your experiences.

### **5. Set boundaries.**

It's important to set boundaries with others so that they know what you will and will not tolerate. This will help you to protect your self-esteem and avoid feeling taken advantage of.

## 6. **Seek professional help.**

If you are struggling to break free from the approval trap on your own, consider seeking professional help. A therapist can provide you with support and guidance as you work through your issues.

## **The Power of Self-Validation**

Once we break free from the approval trap, we can start to discover the power of self-validation. Self-validation is the ability to approve of ourselves, regardless of what others think. It is a source of inner strength and resilience that can help us to weather the storms of life with confidence.

When we validate ourselves, we are not seeking approval from others. We are simply acknowledging our own worthiness and value. This allows us to live more authentically and to make choices that are in our best interests.

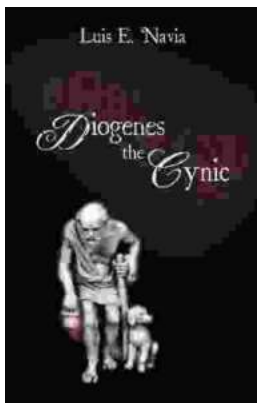


**Liked: Whose Approval Are You Living For?** is a must-read for anyone who wants to break free from the approval trap and live a more fulfilling life. Morin's insights are powerful and her strategies are practical and effective. If you are ready to take control of your life and stop living for the approval of others, this book is for you.

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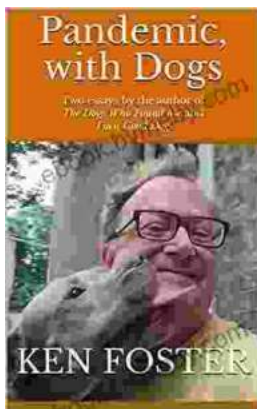


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