

AVOIDING THE TRAP OF VALIDATION

Where Our Secret Desire Comes From

“It is no measure of health to be well adjusted to a profoundly sick society.” -Jiddu Krishnamurti

It was a thick thread that was subtly sewn deeply through the seams of my life. I used to be the absolute worst.

Oh brother from another mother... sister from another mister... I mean really, it was bad! Michael Jackson bad. Bin Laden bad. Stink breath blind-date bad.

Unfortunately for me, I didn't realize it had taken control of my life. But in retrospect, it's really indisputable.

Her name was validation and I chased her all around town. I looked for her everywhere – not just in a place or two. I checked with my friends, girlfriends, co-workers, complete strangers, and most of all... my parents! It wasn't something I deliberately decided to do, but rather, something that was unconsciously ongoing inside of me.

And although at the time, I may have been the absolute worst, I now know that it's normal human nature to fall into this predicament. People are blindly driven directly into this speed trap before they're ever old enough to pump the brakes.

But hold tight and fasten your seatbelt. There's something you should know before we go into the technical ways to tackle the topic and plow over the problem of validation. Let's take a brief look at where the issue originates.

We're gonna flash back to birth for a brief moment. Bright lights. Loud noises. Funny looking parents.

Question: When humans are born, do you think that we have guilty consciences or feelings of hatred?

Hells to the NO!

We're completely innocent! We're a raw, organic expression of life. We're just there, being ourselves. We're not craving attention or seeking approval - yet!



So the months go on. When things are good, we smile. When things are bad, we cry. Seems pretty straightforward, doesn't it? We have no shame about our bodies and we aren't worried about our future.

You're young, you're innocent, and it's completely natural for you to express love.

But then something strange happens that totally throws everything off course...

Because we're so connected to our parents, what they say and what they do has massive amounts of power over us. This is when they start to teach us - both directly and indirectly.

There's no doubt that they have the best intentions, but there's one big problem. We as a human species have inherited a mental disease. It's highly contagious, it's been passed on for ages and it pervasively plagues our minds.

The disease is an irrational FEAR-FILLED mindset.

Our elders hook our attention and then drill us down with their way of thinking, but what they call education is actually much more like domestication.

Our parents teach us that *being like them* is a good thing. We get loud rounds of applause when we do their tricks. And when we don't, the evil eye and cold shoulder come out. Brrrrrr.

And here's where fear enters our lives.

As babies, straight outta the womb, there are only two things that humans are scared of: heights and loud noises. That's it!

But now a treacherous third tyrant comes along waving its tail. It's a new fear that we've never known before. The fear is that if we don't please our parents, WE WON'T BE LOVED!

Welcome to the Trap of Validation! May I offer you something to drink? Please, take your shoes off and get comfy... It looks like we'll be here a while.

Remember, we NEED love and security as babies (think maybe to Maslow's hierarchy of needs).

THIS is where the need to be accepted comes from. It comes from a scarcity mentality that says if we're not good enough, we won't be loved. And the last thing in the world that anyone ever wants, no matter how tough or angry they look, is to not be loved.

So how do we deal with this?

We learn from a young age to create images of ourselves, pretending to be what we think other people want us to be. Then we project these images into our relationships and try our best to actually be the images. But of course, we can't ever completely conform to someone else's vision. And this is how inner conflict originates.

Most adults create their entire lives around these images. They live their lives according to

what they think they SHOULD do. They want to please their parents, their friends, their religion and their society, so they try their best to fit in. But unfortunately, that feeling of innocence is lost, because deep, deep down, on some level, they're being inauthentic.

When people start to feel a discrepancy between the image they're projecting, and their authentic selves, MAJOR conflict arises within them. (Think back to Brian Johnson's "integrity gap.")

And the vicious cycle of validation continues. At this point, people now need emotional support to know that they're doing a good job fitting in with society's image.

We work our asses off to fit in, to become successful, to be respected, and we take this super seriously. Well it's time we stop treating this disillusioned societal dream so damn seriously.

"Listen closely, you freak-show societal nightmare..... GO SUCK IT!!"

Before we can change something, we must accept it. And when it comes to accepting something, it helps to have a good understanding of why it works the way it does.

Now that you've got a good understanding of this monstrosity of a mind-fuck, let's accept it. You're seeking validation. We all are. In the next couple of sections, we're gonna explore ways to use this information to our advantage!

*(For some stellar insights into a deeper understanding of this, check out **The Mastery of Love** by Don Miguel Ruiz)*