

Understanding and Releasing the Need for Validation

Why We're Working on This

From a psychological and attachment point of view, your tendency to look for validation from possible partners likely comes from an early emotional wound.

Healing starts with recognizing that this pattern isn't about weakness or neediness. It's an old survival strategy, your younger self's way of staying connected and loved. Now, as an adult, you can begin to care for that younger part of you, grieve the love and attention he lost, and rebuild a sense of worth that doesn't depend on anyone else's validation.

1. Recognize the Pattern

- When do you notice yourself wanting validation from others (e.g., messaging someone, checking for replies, needing compliments)?
- What emotions or thoughts come up when you don't get the response you hope for?
- What are you afraid it means about you when you don't get attention?

2. Connect with the Inner Child

Close your eyes and picture your five-year-old self right after your sister was born.

- What is he feeling?
- What does he need from his mother in that moment?
- What would you say to him today if you could comfort him?

Write it down below:

The 5-year-old me says:

"I need..."

The adult me responds:

"I see you, and I will..."

3. Practice Internal Validation

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COUNSELLING

Instead of seeking reassurance from others, practice giving it to yourself.

Complete these:

- Even when no one notices me, I am still...
- My worth does not depend on...
- What makes me lovable is...

Create a **"Self-Validation Menu"** — list 5 activities or practices that make you feel grounded, proud, or at peace:

- 1.
- 2.
- 3.
- 4.
- 5.

4. Transform the Impulse

When you notice the urge to reach out or chase attention, pause and ask:

- What am I really needing right now?
- Can I give this to myself instead of expecting someone else to?

At the end of each week, reflect:

- When did I choose self-validation instead of external validation?
- How did it feel?
- What did I learn about myself this week?