



Approval Addict

CHAPTER 5

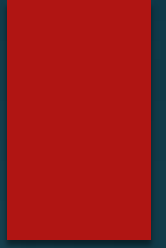
I Must be Approved by Certain Others to Feel Good About Myself.

- ▶ Our self-concept is determined not only by how we view ourselves but by how we think others perceive us.
- ▶ Basing our self-worth on what others think of us causes us to become addicted to their approval.
- ▶ This approval addiction can lead us to put forth a significant amount of effort to please others.

Satan's Lie Continued

- ▶ And yet, after all of our sincere conscientious effort, it takes only one unappreciative word to ruin our sense of self-worth.
- ▶ This fear of rejection can also lead to isolation.
- ▶ 92% of Christians attending a recent Bible conference admitted in a survey that feelings of loneliness are a major problem in their lives.

Fear of Rejection Test



Differing Reactions

- ▶ Some of us project a cool, impervious exterior and, consequently, never develop deep, satisfying relationships.
- ▶ Some of us are so fearful of rejection that we withdraw and decline almost everything, while others continually say yes to everyone, hoping to gain their approval.

Differing Reactions Cont.

- ▶ Some of us are shy and easily manipulated.
- ▶ Some of us are sensitive to criticism and react defensively.

How do you react?

The Approval of Others Will Never Fully Satisfy Us

- ▶ If we base our self-worth on the approval of others, their praise will only remind us of the disapproval we might encounter if we fail to maintain what was achieved.
- ▶ We will always be working harder to be successful which will only lead to dissatisfaction.

The Approval of Others Will Never Fully Satisfy Us Cont.

- ▶ We will never gain complete freedom from this tendency till we see the Lord.
- ▶ Because we are fully pleasing to God, we need not be devastated when others respond to us in a negative way.

The Grid

PERFORMANCE

- All truth and no grace
- Relationships are fake and performance-based

GRACE & TRUTH

- Relationships as God intended
- Full knowledge & expression of truth in love

ISOLATION

- No truth or grace
- No relationships

TOTAL EXCESS

- All grace and no truth
- Behaviors are excessive and relationships are shallow

Effects of the Fear of Rejection

- ▶ Anger, Resentment, Hostility
- ▶ Being Easily Manipulated
- ▶ Codependency
- ▶ Avoidance of People
- ▶ Control
- ▶ Depression
- ▶ Repeating of Negative Messages
- ▶ Hypersensitivity to the Opinions of Others
- ▶ Hyposensitivity



Small Group Discussion Time

How Do We Overcome This?

- ▶ Galatians 1:10 “For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.”
- ▶ According to this passage, we can ultimately seek either the approval of men or the approval of God as the basis of our self-worth.
- ▶ We cannot seek both.

How Do We Overcome This? Cont.

- ▶ God wants to be the Lord of our lives, and He is unwilling to share that rightful lordship with anyone else.
- ▶ The only way we can overcome the fear of rejection is to value the constant approval of God over the conditional approval of people.

