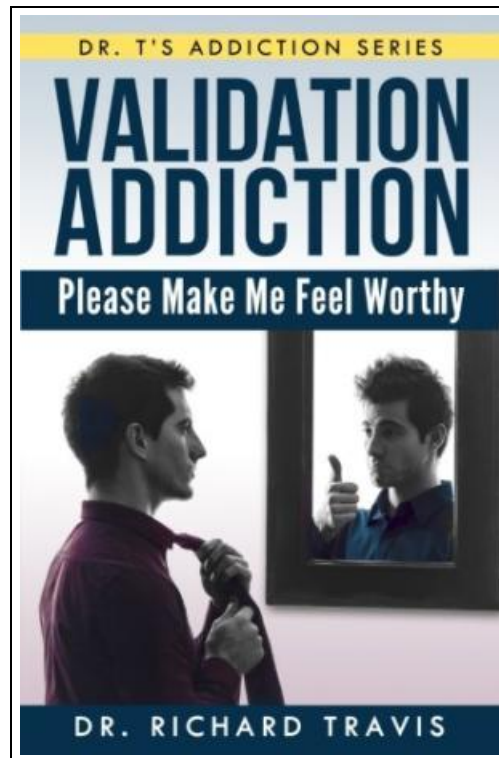


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Reviews

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(Prof. Maya Hand)

VALIDATION ADDICTION: PLEASE MAKE ME FEEL WORTHY (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. **Completely Updated in December/2016** Seeking validation is a natural and normal part of human behavior. We seek to be validated on what we say, and do, and even how we appear. Children can experience having healthy validation at home and school, or they can have a lack of validation, or even experience being invalidated. The way a child was raised has a huge impact on how he or she seeks validation as an adult. Seeking validation as a young adult or as an adult becomes obsessive when the validation-seeking behavior becomes unconscious and has a pattern, and perhaps a repetition, which may have some negative consequences. The author has labeled that behavior Validation Addiction. The unconscious need for validation in a compulsive or addictive way could have serious consequences on relationships, and careers. Some people who act out this way are masking depression or anxiety, or perhaps have developed this addictive behavior in lieu of alcohol, which may have been a problem in the family of origin. Treatment for this condition will only begin when the person recognizes there is a problem. Cognitive Behavioral Therapy and perhaps medication with an approved anti-depressant are suggested methods to reduce the occurrence of this behavior and hopefully replace it with a more appropriate behavior.



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