

VALIDATION

"My most important relationship is with myself."

"Love is an expression of value, and the more I value myself, the more I love myself and the more opportunities I have to value others".

"What I perceive to be my worth determines how I value myself".

"While I cannot control what others do to me, I can always control what I do to myself. Therefore, I choose to validate myself even when others do not".

I struggled to feel good about myself during some of my toughest times. I remember being unemployed for 3 weeks and applying to any job I found in the paper. I even interviewed for a dishwasher position but was not hired despite being willing to travel 2 hours one way to this restaurant in downtown Toronto. After coming home, I cried bitterly, feeling very sorry for myself.

Due to my lack of familiarity with the city and the absence of GPS in those days, I was unable to pass Toronto cab school and find a job as a taxi driver. It was difficult to remain positive. My future looked bleak, and I certainly did not feel like the hot shot who graduated medical school at 22.

The problem was that I was so new to Canadian society and didn't have mentors, so I couldn't take advantage of some of the opportunities, such as meeting new people and learning about new things. Since I didn't realize perfect strangers could rent a place together and split the rent, I did not make any attempt to do so.

Even when I started meeting people I was constantly encountering unusual situations like when a girl I was trying to date suggested we should go Dutch for supper and I found this confusing because it was an Italian restaurant I didn't give my workmate money for a soda he offered me because I did not want to insult him (trying to pay someone for an offered gift in Nigeria would be considered insulting) instead he told anyone who would listen how cheap I was, rather than asking for the money.

I had a hard time feeling good about myself. It left me feeling isolated, depressed, and full of self-doubt. I wondered why these incidents affected me so much. In conclusion, I realized that I was hard-wired for "validation" (information that makes me feel valid) and that this need was there regardless of my preferences. It was also obvious to me that most people around me depend on validation.

It was as if I needed to be reminded of my worth and that my existence mattered. As a result, I concluded that 'validation' could only come from myself (internal validation) and whatever was provided to me by others (external validation) worked as a reminder for me to generate it myself. There is a dependency on external validation when internal validation is weak.

While I could not control what others did to me, I could control what I did to myself, so I could validate myself even when others did not. Whenever I felt less valid or put down, I reminded myself of 2 or 3 things that made me feel valid (I would always say it out loud so my brain could hear it) and over time, I found I was feeling a lot better about myself.

As a result, I decided not to wait until I felt bad, but to do it every day like depositing money in a bank for when I needed to withdraw.

In my experience as a problem solver, I tend to remember the things that are not going well (because they need solving) and less likely to remember the things that are going well. Furthermore, I spent less time complimenting myself and more time correcting my mistakes or remembering what I dislike.

Once I realized this, I spent a great deal of energy suppressing negative thoughts and thinking positively. When I stopped thinking about things as positives or negatives, but rather as the results I wanted and the results I didn't want, I realized that it wasn't my bad thoughts or expressions that were causing problems, but my lack of "good" ones.

To deal with this problem, I adopted a "ratio" approach and started with two good things for every bad thing. Gradually, I increased that ratio as needed. The worse things were, the higher the ratio I applied.

My sense of self-worth is determined by my internal validation, which is a form of self-talk consistent with the results I desire. Repeating self-affirmation statements often and aloud helped me feel more empowered.

My most important relationship is with myself. Rather than being narcissistic and self-absorbed, I'm talking about being "self-reflective" and "being my own best friend" and "doing unto myself as I would have others do unto me" and "discovering how to do unto others through this process."

Ultimately, I am responsible for making my own choices. Even though being liked and valued is a strong and relevant need, what is even more important to me and would determine whether I got the results that I wanted is how much I like and value myself.

Self-awareness means knowing everything about myself and acknowledging the things I like and the things I dislike, the things I am proud of and the things I am not. Nobody could tell me anything about myself that I didn't already know. In self-acceptance, I acknowledge that this is who I am and that it is okay. I am not absolved of responsibility, in fact, it encourages me to take responsibility without judgment.

Self-Awareness + Self-Acceptance = Self Love

The bank, the banker, and the balance value

The bank analogy is used to explain the concept of value and the ease with which we can cash the emotional and psychological checks that we must write in order to increase our chances of getting the results that we want.

Validation is currency, value resides in the bank, and I am the banker and the only one who can make deposits and withdrawals.

A successful bank will benefit me the most, while a failure will cost me the most. In the bank, my balance of value reflects the health of my account or my self-confidence. In addition, I am the only one with access to the bank, and external validation works by reminding me to deposit money.

Self-affirmation (internal validation) = Deposit

External affirmation (external validation) = reminder note to deposit

Anything else = withdrawal.

Every time I appreciate myself and acknowledge my ability and effort to get the results that I want, I affirm myself and put a deposit in the bank. Despite the effectiveness of thinking about it, I have found that when I say it out loud, I have a higher deposit (in the same way that chants are more effective when spoken out loud). Any process I am involved in that does not make a deposit is making a withdrawal, and there is no neutral process in the eyes of the bank.

I am the only person who controls my deposits and withdrawals, and a good portfolio is one in which I make more deposits than withdrawals at any given time. Any form of validation, no matter how trivial, constitutes a deposit, and any other interaction (such as rectifying an adverse outcome) is a withdrawal.

Whenever I initiate a withdrawal, I am writing a check, and whenever someone else initiates the withdrawal, I am cashing a check. When I have more money in the bank, I am better able to handle withdrawals and cash more checks. It is important to affirm yourself continuously for the following reasons:

- 1) it is free,
- 2) It is under my control.
- 3) It is easy to administer.
- 4) it is aligned with the results that I want.
- 5) it ensures a continuous deposit in my bank

In everything I do, I must maintain a sense of balance.

Points to remember:

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