

THE APPROVAL TRAP – BLUEPRINT

A Presence-Driven tool for shifting from external validation to inner authority

WHAT IT IS

The Approval Trap is the **pattern** where external validation becomes your primary source of safety, direction, or worth. It often looks like being capable, helpful, and high-performing—while quietly feeling disconnected from yourself.

COMMON SIGNALS

- Over-explaining or over-justifying
 - People-pleasing or managing reactions
 - Second-guessing decisions
 - Guilt when resting or slowing down
 - Private emptiness after public wins
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PRESENCE REFRAME

Confidence isn't loud certainty. It's embodied inner authority. When presence becomes the reference point, approval becomes optional.

THE 5-STEP APPROVAL TRAP RESET

1) Pause

Insight4Alignment Thought Lab | Self-Alignment Shelf · Printable Reflection Tool

Breathe once before responding.

2) Name

What am I seeking right now? (approval / certainty / safety / belonging)

3) Locate

Who is leading right now?

Small Self (protective) True Self (aligned)

4) Choose

What would alignment do here—even if approval wavers?

5) Anchor

“This choice matches my values.”

ONE SITUATION – CHECK-IN

Trigger / moment:

What I wanted from others:

Small Self story:

True Self truth:

My aligned next step (one sentence):

Private celebration (how I'll witness it):

DECLARATION

I am capable. I am enough. I choose alignment—even when approval wavers.
