



FIELD GUIDE

APPROVAL IS EXHAUSTING



CHASING THEIR OPINION
WILL ALWAYS COST YOU
YOUR PEACE.



APPROVAL IS EXHAUSTING

Have you ever walked away from a conversation replaying it in your head?

Wondering if you said the wrong thing.

Wondering what someone thought about you.

Wondering if you disappointed someone.

I bet you have.

The problem isn't caring what people think.

The problem begins when their opinion starts determining your peace.

The Hidden Weight

Seeking approval rarely feels like approval-seeking.

It feels like:

- Avoiding conflict
- Keeping everyone happy
- Not wanting to disappoint people
- Being the dependable guy
- Making sure everyone is okay

On the surface, those things sound admirable.

But underneath them can be a constant pressure to manage how people see us.

And that pressure gets heavy.

The Moving Target

The exhausting thing about approval is that it never stays satisfied.

One person wants more.

Another person wants something different.

One praises you.

Another criticizes you.

One day you feel accepted.

The next day you feel questioned.

When your peace depends on other people's opinions, your peace becomes unstable.

Because opinions change.

Constantly.

How It Shows Up

Approval-seeking often looks like:

- Saying yes when you want to say no
- Avoiding difficult conversations
- Overexplaining your decisions
- Feeling guilty for setting boundaries
- Needing reassurance before acting

Most men don't notice these patterns until they're already exhausted.

The Cost

Living for approval creates a strange trap.

You spend so much energy trying to keep everyone happy that you eventually lose sight of what actually matters.

The goal becomes avoiding disappointment instead of living with conviction.

And no matter how hard you try, someone will always be unhappy.

One Simple Truth

Scripture says:

"Am I now trying to win the approval of human beings, or of God?"

— Galatians 1:10

It's a simple question.

But it's one worth asking.

The Next Move

This week, pay attention to one thing:

Where are you saying "yes" when you really mean "no"?

Start there.

You don't need to become harsh.

You don't need to become selfish.

You simply need to stop allowing approval to drive your decisions.

Reflection

- Whose opinion affects you most?
- Where do you feel pressure to keep everyone happy?
- What decision would you make differently if approval wasn't part of the equation?

Seeking approval feels harmless.

Until you realize how much of your life is being spent chasing it.