

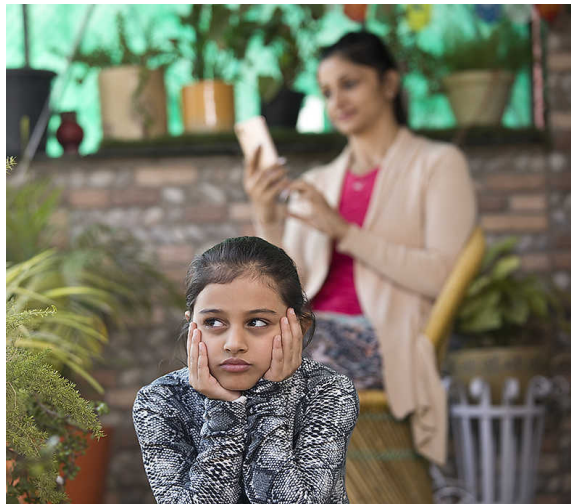
**Published: Monday June 10, 2019**

## **Need to be appreciated**

T. T. SRINATH

### ***Why we must not hanker after approval from the one person who refuses to give it to us***

“While seeking or needing to be appreciated is fair, as all of us feel fulfilled when appreciated, wanting it from that one person who does not give it will distress you,” said the director of the play that I was cast in.



Several persons in the audience came on to the stage and congratulated me for my performance after the play closed, yet not being congratulated by that one person from whom I wanted it most, but did not receive it, made me leave the auditorium in haste without thanking my director.

The next morning he called me up and when I shared what upset me, he remonstrated with me and said what he thought I needed to hear.

‘In an intimate relationship, the person who wants it less controls the relationship,’ says the popular writer David Schnarch. I suppose

this is true for me, as I continued to stew in self-rejection, just because praise was not forthcoming from one person, even though many others had unhesitatingly offered their compliments.

My recent realisation of the suffering I bring on, simply because I hanker after what I do not get from one person, will only abate if I am willing to change the measure I employ to define success or failure. If I begin to see value in myself, learn to stomach ‘imagined rejection’ of self, endorse myself and not seek it from outside, perhaps then I may feel thankful for all the accolades I receive and not obsess with wanting it only from that one person, however significant the person may be for me.

*(The writer is an organisational and behavioural consultant. He can be contacted at [ttsrinath@gmail.com](mailto:ttsrinath@gmail.com))*