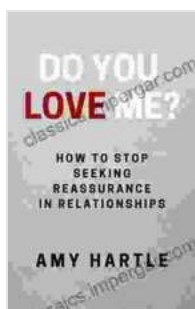


Do You Love Me? How to Stop Seeking Reassurance in Relationships

Are you constantly seeking reassurance from your partner? Do you need them to tell you how much they love you, how beautiful you are, or how smart you are? If so, you may be struggling with an unhealthy need for validation.



Do You Love Me? How to Stop Seeking Reassurance in Relationships by Amy Hartle

★★★★☆ 4.7 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 77 pages
Lending	: Enabled



This need can stem from a variety of factors, including low self-esteem, insecurity, and a fear of abandonment. When we don't feel good about ourselves, we look to others to make us feel better. We may seek out their approval, admiration, and affection in an attempt to boost our own self-worth.

However, this is a dangerous game to play. The more we rely on others to make us feel good, the less we rely on ourselves. We become addicted to

their validation and can't function without it. This can lead to a cycle of dependency and unhappiness.

So how can you break free from this cycle? The first step is to recognize that you are the only one who can truly make you happy. No one else can give you the love and validation you need. Once you realize this, you can start to focus on building your own self-esteem.

Here are a few tips for building self-esteem:

- Identify your strengths and weaknesses. Focus on your strengths and work on improving your weaknesses.
- Set realistic goals for yourself and celebrate your accomplishments.
- Surround yourself with positive people who support you and believe in you.
- Practice self-compassion. Be kind to yourself and forgive your mistakes.

Once you have built a strong sense of self-esteem, you will be less likely to seek reassurance from others. You will be more confident in your own worth and know that you are worthy of love and happiness.

If you are struggling with an unhealthy need for reassurance, I encourage you to seek professional help. A therapist can help you to understand the root of your need for reassurance and develop healthy coping mechanisms.

Remember, you are not alone. Many people struggle with this issue. With the right help, you can break free from this cycle and find true love and

happiness.

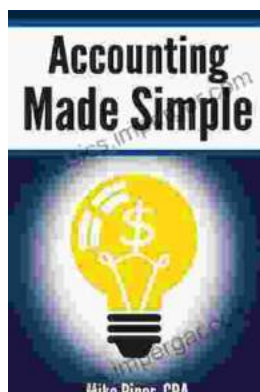
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