It is good to have a spouse who speaks faith into your life, a neighbour who cheers you on, or a friend who encourages you. It is healthy when you have people, especially family, who make you feel valued and appreciated. But it becomes unhealthy if you start depending on them to make you feel good about who you are, or if you lose your passion because someone is not there to encourage you or someone doesn't approve you and instead puts you down. We can become so dependent upon others' approval that we base our value, our worth, on what they are telling us. That is a co-dependent relationship.

God didn't create you to be dependent on someone else to keep you fixed. He uses people to bless and encourage you, but at some point they will let you down and cannot be there for you every time you have a difficulty or think you need them. As a child of God, you have His approval of who you are, and that is not dependent on what anyone else thinks or says about you. Be secure and happy in who God has made you to be.

1 Corinthians 4:3-4 "….It matters very little to me what you think of me, even less where I rank in popular opinion…."