**Episode #052 Fighting the Need for Approval**

**Intervening with the need for approval is incredibly important for the creative artist. How many of you get caught up in working for the compliment, wanting to be liked, trying to give others what you think they want? This week Charlie talks to Joe Nicastro, who has been carving out an artistic life for almost a decade. Professional dancer, actor, influencer, personal trainer and motivator, Joe shares his personal story of coming  out to his parents at 17, his relationship to body dysmorphia, and how he got fired from his dream job. It's a wide ranging conversation about the issues that all of us can relate to in some way. You can follow CBP on Instagram @creatingbehavior, and Charlie's NYC acting conservatory, the Maggie Flanigan Studio @maggieflaniganstudio. For written transcripts, Charlie's blog, or to contact him for private coaching, check out** [**https://www.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

**Joe Nicastro**

<https://panoramanow.com/giordano-dance-chicago-is-known-for-creative-jazz-dancing/>

<https://www.barrys.com/instructor/joe-nicastro/>

<https://www.instagram.com/joenicastro/?hl=en>

**Body Dysmorphia**

<https://www.psycom.net/body-dysmorphic-disorder>

https://www.vogue.com/article/body-dysmorphia-zoom-face