

SELF-VALIDATION



SELF-VALIDATION:

An opportunity to organize your internal world and to acknowledge what makes sense about your experience.

WHAT SHOULD WE VALIDATE?

- Thoughts
- Emotions
- Actions

HOW DO WE PRACTICE SELF VALIDATION?

OBSERVE without judgment

Pay attention to your thoughts, feelings, judgments and experiences. Being present will give you more information about your wants, needs and values.

DESCRIBE accurately

Reflect back your observations to yourself. Use words such as “I am hot, sad, shaking. I feel cold, angry, joyful, exhausted. I notice an urge to run, scream, laugh, hide or leave this situation.

INVESTIGATE why it makes sense

Why might you feel this way? How would someone else feel in this situation? How does your response make sense considering your past present, future?

COMPASSION is necessary

Encourage yourself, be gentle and patient. Kindly relate to yourself and consider how you might speak to someone you love in this moment. Give yourself that same level of understanding and support.