

Validation

information

Research-informed use. This resource may support skill learning but is not comprehensive DBT. The four common skills domains are mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation; outcomes remain individualized.

...finding the truth in a persons perspective or experience, and verifying the facts of that situation, while also acknowledging the persons thoughts, emotions and behaviours. To validate we do not need to agree with the person, nor do we need to validate things that are invalid. However, by validating we can make the other person feel seen and heard.

WHY VALIDATE? It improves our relationship with others by showing that we are listening to and understanding them. It improves interpersonal effectiveness by reducing pressure to prove who is right, negative reactions, and anger. It makes problem solving, closeness and support possible.

Invalidation is hurtful and harmful to our relationships. **IMPORTANT THINGS TO VALIDATE** The facts of a situation. The experiences, thoughts, feelings, beliefs and opinions of the other person. Suffering and difficulties encountered by the other person. **REMEMBER...**

What stands out?

How might this inform one next step?

1. Keep in view
Validating does not necessarily mean you agree.

2. Keep in view
Validating does not mean you like it.

3. Keep in view
Only validate the valid.

HOW TO VALIDATE

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Pay attention to what the other person is saying. Reflect back and paraphrase what they have just told you. Pay attention to the other persons body language and facial expressions. Show equality. Be yourself and be willing to admit faults and mistakes. Admit to the valid. If they ask you for something reasonable, accept this.

Show care and compassion. Show understanding by using phrases such as "It makes sense that you .

. . because . . .

What stands out?

How might this inform one next step?

1. Keep in view
" Don't forget to also practice validating yourself.

2. Keep in view
Validation is not just for other people.

3. Keep in view
It is equally important to validate and acknowledge your own experiences, thoughts, feelings, beliefs and opinions.