

# Validation

How to do it???

**Validation does NOT mean that you AGREE or APPROVE of behavior.  
In fact, validation is non-judgmental.**

## Validation Strategies:

1. **Focus on the inherent worth of the person**, whether it is yourself or someone else.
2. **Observe**—Listen carefully to what is said with words, expression, and body. Intently listen, be one-mindful in the moment.

If you are self-validating, *honor your experience by sitting quietly with it*, knowing it for at least a few moments.

If you are validating someone else, use good eye contact, nod, be one-mindful in your focus on them.

3. **Describe**—Non-judgmentally state the facts of the situation.
4. **State the unstated**—Note the presence of feelings, beliefs, etc. that have not been voiced: "You seem to feel angry, but also hurt by what that person said to you."

If validating yourself, identify primary emotions. If anger is obvious, explore your feelings of any shame, hurt, or disappointment that may be hiding beneath.

5. **Find what is true/valid about the experience** and note this. Without feeling that you have to agree or approve of the experience, find a piece of it that makes perfect sense, and validate this.

If validating yourself, perhaps you realize that the thoughts you are having are "irrational", however, validate that they exist and are powerful in the moment.

If validating someone else, even if you disagree with their behavior, find something that you can empathize with—"When you get that angry, you want to strike out at someone."