

Practising Self-Validation

Catching the invalidating voice, and answering it with understanding

04 Words to notice, words to try Circle the ones you use, add your own

MY INVALIDATING PHRASES

"I'm too sensitive."

"I shouldn't be upset."

"Just get over it."

"It's not a big deal."

"I'm being dramatic."

"Others have it worse."

"Stop being so needy."

"What's wrong with me?"

My own _____

VALIDATING PHRASES TO TRY

"It makes sense that I feel..."

"Given what happened..."

"Anyone might feel this."

"My feelings are real, even if..."

"I can feel this and still..."

"This matters to me because..."

"It's okay to find this hard."

My own _____

05 My validation log Try this a few times this week

THE SITUATION what happened	WHAT I FELT name the feeling	MY INVALIDATING THOUGHT how I judged the feeling	A VALIDATING RESPONSE why it makes sense	WHAT SHIFTED in how I felt or acted
Friend cancelled plans again	Hurt, disappointed	"I'm being needy. It's not a big deal."	"I was looking forward to it. Feeling hurt makes sense."	Felt calmer; decided to tell her gently

06 Reflection Bring this to your next session

Where might my invalidating voice have come from?

Which feelings do I find hardest to validate in myself?

What would I say to a friend feeling this way?

