



# VALIDATION

## WHAT IT IS AND WHAT IT ISN'T

Validation is a tool to help regulate intense emotions. It helps the person feel seen and understood, and shows them how to tolerate their feelings even if it is uncomfortable.

### WHAT IS VALIDATION?

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#### 1. **Acknowledgement of feelings**

Recognizing and naming the emotion that someone is experiencing (sadness, anger, etc.). Emotions are always valid!

#### 2. **Acceptance of perspective**

Understanding that their feelings and experiences are valid from their point of view, even if you see things differently

#### 3. **Empathy and support**

Showing that you understand their emotional state and offering support without judgment.

#### 4. **Active listening**

Giving your full attention, making eye contact and reflecting back to show you are understanding, without defending your own reasons for doing what you did.

### WHAT IS NOT VALIDATION?

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#### 1. **Praise or judgment**

Validation is not about being good or bad, just about acknowledging the feeling itself.

#### 2. **Agreement**

Validation of the feeling does not mean you have to agree with it

#### 3. **Minimizing or dismissing**

Saying "Don't be upset" or "Its not a big deal" invalidates the feeling

#### 4. **Positive thinking**

While it comes with good intentions, it usually feels invalidating for someone with intense emotions to hear "At least things aren't worse" or "You should be grateful"