



# ALL ABOUT VALIDATION!



## WHAT IS VALIDATION?



Validation communicates to someone that their feelings, thoughts, and actions make sense and that they are understandable to them in that particular situation.



## SELF-VALIDATION

Self-validation involves perceiving your own thoughts, feelings, and actions as making sense, are accurate, and acceptable in that situation

## INVALIDATION

Invalidation communicates (intentionally or not, through words or actions) that another person's feelings, thoughts, and actions in a particular situation make no sense, are "manipulative", or an "overreaction", not worthy of your time, interest or respect.



## VALIDATION DOES NOT EQUAL AGREEMENT

Validation does not necessarily mean that you like or agree with what the other person is doing, saying, or feeling. It means that you understand where they are coming from.

## WHY SHOULD WE VALIDATE?



- Validation improves relationships
- It can deescalate conflict and intense emotions
- Validation can show that:
  - We are listening
  - We understand
  - We are being non-judgemental
  - We care about the relationship
  - We can disagree without having a big conflict



## WHAT DO WE VALIDATE?



We can validate feelings, thoughts, and behaviours in ourselves and others



We need to make sure that we validate the valid, not the invalid. You can still validate the feeling without validating the behaviour. For example: validate someone feeling upset about a low mark on a test, even though you know that they didn't study. But do not validate the lack of studying that led to the low grade.