

HOW TO VALIDATE

Use one or more of the following...

Find the "Kernel of Truth" in what the other person is saying

Example when talking to parent: "I know I should have been home at midnight."

Example when talking to friend: "I get that you wanted me to go to the party with you."

Tell the other person how their feelings make sense by sharing how you or other people would likely feel the same way in a similar situation.

Example: "Lots of people hate homework... it's boring!"

Example: "I think anyone would be upset if they were called that name."

Example: "That makes sense. I would feel the same way in your situation."

Reflect back that you understand how hard it is for the other person.

Example: "That sucks!"

Example: "I give you credit... it's definitely not easy."

**Discuss a time when you felt invalidate. What did you want the other person to say?
How could you have asked them for what you needed?**

**Discuss a time when you invalidated someone else. What could you have said instead?
How would the situation have been different if you had said that?**