

Validation

What Is It?

Validation communicates to another person that his or her feelings, thoughts, and actions make sense and are understandable to you in a particular situation.

Self-validation involves perceiving your *own* feelings, thoughts, and actions as accurate and acceptable in a particular situation.

Remember: Validation \neq 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 the other person is coming from.

WHAT should we validate?

- Feelings, thoughts, and behaviors in:
 - Ourselves
 - Other people

WHY should we validate?

- It improves relationships!
- Validation can show that:
 - We are listening.
 - We understand.
 - We are being nonjudgmental.
 - We care about the relationship.
 - Conflict is possible with decreased intensity.