

Validation Skill Set

What is invalidation?

- 1) To behave in a dismissive manner and negate the validity of what your partner is stating.
- 2) To minimize, reject, ignore, cancel or nullify.

Examples

1. Disregard the other person's description as incorrect

When you share with your partner that when he/she stormed out of the room and yelled in a harsh tone that you felt hurt, scared and sad. Your partner responds, "It wasn't that bad and you are making a big deal out of nothing."

2. Discard or judge a natural behavior as abnormal.

You tell your partner that on the weekends, after a long weeks work, you just want to spend time with you and relax. And your partner responds, "You are so lazy and I do everything for us."

3. Reject a reaction to events as wrong or insignificant.

Your partner didn't come home for dinner at 7pm as agreed upon. You mentioned feeling disappointed and hurt when he/she comes home at 8pm and he/she says, "I had a meeting that ran late and you should understand. I never promised anything and you shouldn't feel upset. That's life."

4. Ignoring or discounting

You were injured in a minor car accident and feel scared and in shock. Your partner says, "You are a big baby and are over-exaggerating."

5. Directly disapprove, criticize or chastise.

You are going over the family finances. You were creating the excel document and hit delete by mistake. Your partner says, "You are incompetent and I might as well just do it myself."

6. Reject & link responses to socially improper way of operating.

You are longing for comfort from your partner your partner says, "You are so needy. Just comfort yourself rather than always seeking affection from me. I am busy and have important things to do."

What is validation?

- 1) To acknowledge, confirm & authenticate what your partner is stating verbally and/or nonverbally.
- 2) To attentively listen to & provide recognition.

Examples

1. Listen and Observe by staying attentive, focused & present.

When your partner is upset that you did not wash your dishes after using them. While he/she is sharing you stay present, listen, and make eye contact and/or nod your head.

2. Reiterate what the person had said by providing an accurate reflection.

"You have worked hard this week and let's plan a date night on Saturday. However, on Sunday let's clean the house together and buy food for the week."

3. Notice the person's non-verbal cues and state the unspoken.

"Honey, I recognize that I am late and we agreed to meet tonight at 7pm and it is now 8pm and you are feeling hurt and disappointed."

4. Explore the causes of behaviors by connecting past and present events to the current issue.

It makes sense that you would feel scared and be in shock after an unexpected accident. Last year your brother was in a major accident, so I could understand how that might be overwhelming.

5. Understand the other person and be mature.

"Oh no. Let's hit the undo button and see if we can get the information back that way. Or maybe it auto saved the excel documents. If not we will just have to redo it together."

6. Accepting the other person for who they are-treat them as an equal and genuinely believe in his/her capabilities.

"I understand you want affection and comfort. As I didn't grow up in a very affectionate household, this is new for me. I am willing to grow in this area, but give me time and space to initiate on my own."

How does invalidation impact us? _____
_____.

I feel most validated when someone *(identify verbal and non-verbal cues that help you feel validated)* _____
_____.

When someone validates me I feel: _____
_____.

It is important to validate ourselves and others because: _____

_____.

What are 2 examples of times when I should validate others?

- 1)
- 2)

What are 2 examples of invalidation that hinders communication?

- 1)
- 2)

Name 2 people in your support system that validate you? **Briefly describe.**

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How so? _____.

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How so? _____.