

ACCEPTING VALIDATION



Name:

Date:

What is Validation?

Validation is the recognition and acceptance of another person's thoughts, feelings, sensations, and behaviors as understandable. It can come from others, or from ourselves.

Examples:

"Your feelings make sense."
"It's okay to feel what you're feeling."
"That must have been really hard."

Why is it hard to accept validation?

Low self-worth

Childhood invalidation or neglect

Belief that we must be self-reliant at all times or fear of vulnerability

How do you usually take care of your mental health? What helps you feel calm, happy, or strong during tough times? (Use the back of this page to reflect without judgment)

1. How do I usually respond to compliments or validation?
2. What thoughts come up when someone validates my emotions or experience?
3. Is there a part of me that resists feeling "seen" or supported? Why?
4. What would it feel like to fully accept a validating statement without deflecting it?



Practice Receiving Validation Try this grounding affirmation practice:

1. Take 3 slow, deep breaths.
2. Place a hand on your chest or stomach.
3. Repeat one of the affirmations below, out loud or silently:
"My feelings are valid."
"It's safe to let others see me."
"I am worthy of love, support, and understanding."