

humantold

Do You Validate or Invalidate Yourself?

We all have times when we're able to validate ourselves in the times when we find this harder. This can depend on the situation, the people involved, and most importantly the emotion we're feeling. Below is a list of emotions. Think about each one and **check mark** the ones you think you validate. As in you don't judge yourself for having them and you think it's okay when you feel this way (not necessarily that you like this feeling)

- | | | |
|-------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Excited | <input type="checkbox"/> Bitter |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Ecstatic | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Relaxed | <input type="checkbox"/> Nervous | <input type="checkbox"/> Lonely |
| <input type="checkbox"/> Annoyed | <input type="checkbox"/> Afraid | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Down | <input type="checkbox"/> Hurt | <input type="checkbox"/> Heartbroken |
| <input type="checkbox"/> Irritated | <input type="checkbox"/> Furious | <input type="checkbox"/> Blue |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Stressed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Worried | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Panicky | <input type="checkbox"/> Unhappy | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Resentful | <input type="checkbox"/> Overjoyed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Happy | <input type="checkbox"/> Grieving | <input type="checkbox"/> _____ |

Go back one more time putting an "X" beside emotions you think you invalidate meaning you judge yourself for having. You may need to experience some of these feelings before you know what you think and feel about having them. If this is the case, come back to this after you experience these emotions.

Reflection

Dijk, S. V. (2011). *Don't let your emotions run your life for teens dialectical behavior therapy skills for helping... you manage mood swings, control angry outbursts, a*. NEW HARBINGER PUB.