

humantold

What is Self Validation?

Self validation is when you are able to reassure yourself that what you feel inside is real, is important, and makes sense. Emotions, thoughts, and sensations are all experiences that we sometimes doubt in ourselves. We ask ourselves: DO I really feel this? SHOULD I feel this way? Is it the “right” thing to feel, even if it inconveniences someone else?

Why am I having a hard time validating myself?

This happens because we have been told at some point that we should not trust what our inner experience tells us. We actually trust other people MORE than ourselves.

Why is Self Validation important?

Sometimes when we self-invalidate, we spend a lot of time and energy trying to prove to others and ourselves that our experience is real, and makes sense. This often results in conflict, crisis or low feelings of self-worth.

Self Validation Strategies

- Focus on the inherent worth of yourself.
- Acknowledge your strengths, successes, progress and effort.
- Accepting your limitations, flaws and mistakes.
- Allowing yourself to experience your emotions.

Activity:

Use the space below to practice writing self validating statements.

Acknowledging what I feel	
Acknowledging my strengths	
Acknowledging my limitations	