

What is Your Validating Style?

The following worksheet is a helpful way to practice and verify your validation skills in any situation (modified from Linehan, 2015).

Review the following validation statement samples:

- *What do you need from me now?*
- *How can I help?*
- *What was that like for you?*
- *This must be difficult for you*
- *How is this affecting you?*
- *How are you feeling?*
- *You are not alone*
- *Can I help you with some problem-solving?*
- *What does safety (happiness, etc.) mean for you?*
- *I'm sorry to hear that*
- *I hear what you are saying*
- *I believe you*
- *I understand*
- *I hear you*
- *Can you tell me more about that?*
- *It sounds like you did your best*
- *Most people would have reacted in that way*
- *I am so sorry that happened, and I am so glad you are here*
- *I can't imagine what you went through*
- *You are very strong and brave*
- *I can see that you are very (sad, upset, frightened, etc.)*
- *I can see you are making an effort*
- *It must make you feel horrible to have someone do that to you*
- *I would be (scared, upset, sad, etc.) too*
- *I don't have the same beliefs but I can see this is important to you*

Give three validating statements you have used in the past week.

If you don't have three examples, describe when you could have used validating statements but didn't.

Describe a situation where you were successful at being non-judgmental in the past week

What was the situation?

Who was it with?

What did you say?

What was the outcome?

How did you feel afterward?

Is there anything you would say or do differently the next time?

Describe a situation where you were successful at using your validation skills in the past week.

What was the situation?

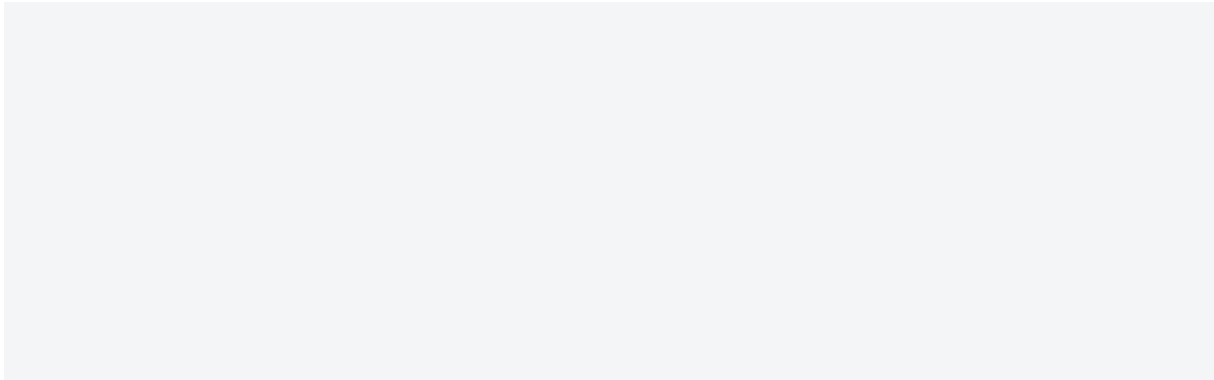
Who was it with?

What did you say?

What was the outcome?

How did you feel afterward?

Is there anything you would say or do differently next time?



References

- Linehan, M. M. (2015). *DBT skills training handouts and worksheets*. The Guilford Press.

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