

VALIDATION

Validation communicates to another person that their feelings, thoughts or actions make sense and are understandable to you, in a particular situation.

Validation does not equal agreement or approval.

You may not like or agree with what someone is doing or how they are feeling. Validation simply means you *get* where they are coming from.

VALIDATION IS POWERFUL BECAUSE:

- It strengthens and improves relationships.
- It de-escalates conflict and intense emotions.
- It prevents hurtful and damaging invalidation.

HOW TO VALIDATE

Actively listen and be present.

Be aware of verbal and nonverbal reactions to prevent invalidation.

Observe what the person is feeling and reflect the feeling back without judgement.

REDESIGNING
MENTAL HEALTH

