

## Validation Examples

<u>Invalidation Option</u>	<u>Factual Description Alternative</u>
1. "You are ignoring me"	You never returned my call
2. "It's not a big deal, all you have to do is..."	You sound so hopeless May I share some ideas about what I think may help?
3. "Don't worry about it. You're too sensitive"	You're having such a strong reaction, and I don't understand why. I'm can't imagine having a reactions that strong. What's going on?
4. "You made a bad choice"	That was a very harmful behavior.
5. "You are judging me"	My voice is coming across as judgmental.
6. "You like to criticize me"	You often use judgmental language when you give me feedback
7. "You always..."	You very often... I can't recall a time when you didn't...
8. "You never..."	You rarely... I can't recall a time you ever...
9. "You are selfish"	You do a lot for yourself, and I want you to do more for me...

<u>Person A</u>	<u>Person B Invalidation</u>	<u>Factual Description Alternative</u>
"It's cold"	"No it's not"	That's so strange because I feel warm
"I told you"	"No you never told me"	I don't recall you telling me that
"You said..."	"I never say that"	I don't remember ever saying that
"Ouch!"	"That didn't hurt." "I barely touched you."	Really? I'm so surprised It felt like I barely touched you
"You never use skills" [ineffective behavior]	"Yes I do!" "That doesn't make any sense"	I do have to do more, but "never" is extreme I don't yet see how this makes sense Please explain.

<u>Person A</u>	<u>Person B Invalidation</u>	<u>Factual Alternative Description</u>
"I can't"	"Yes you can"	It is really hard...and...
"It's so hard"	"It's actually easy"	It is really hard...and... I have some ideas that may help? May I share them with you?
"There is no hope"	"Yes there is"	You do face many challenges...and... and I have different thoughts about the possibilities"
"I have no friends"	"Yes you do"	I'm confused. What about the kids across the street, and the kids on your team?
"I'm ugly/worthless"	"No, you're not"	That doesn't match my thoughts. Why do you feel that way? Please stay away from judgment. Instead try..
"You are judgmental" ...condescending	"No, I'm not"	I wasn't aware of thinking or feeling judgmental. Sorry I came across that way
"You are mean"	"I'm sorry you <u>feel</u> I'm mean"	Did I come across that way? What did I do? I'll work on being more gentle...
"You are too strict"	"I'm sorry you <u>feel</u> I'm strict"	I'm sorry you can't have more freedoms It's normal to want more. I'll create a way for you to earn more
"you got angry"	"No, I was not"	I felt frustrated with the situation, which could certainly come across as anger at you