

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 |