

## 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?**

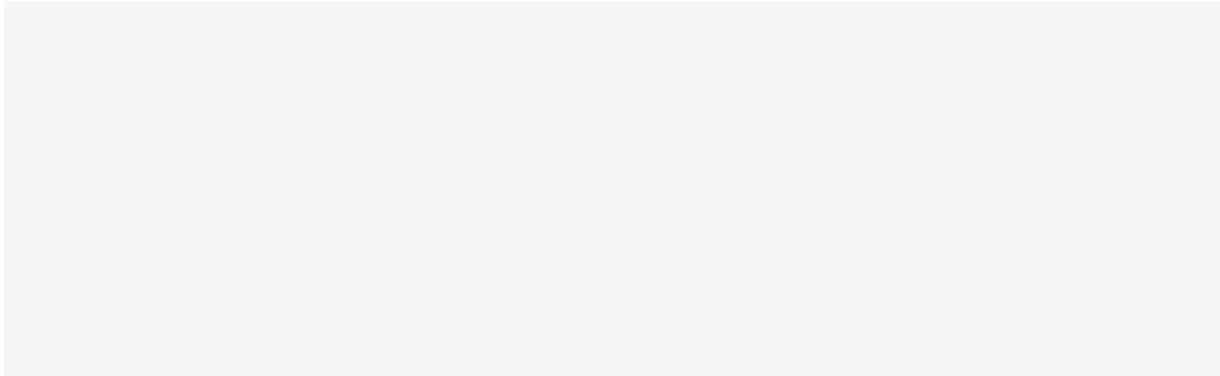
**Who was it with?**

**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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