

Self-Validation

Created by Sharon Martin, LCSW

This worksheet is designed to help you distinguish invalidating and validating statements and practice self-validation skills. If you have a partner or close friend or family member who is committed to being more validating, you can also fill out the third column and share the affirming statements that you'd like them to use. However, be mindful that you aren't depending on someone else to validate how you feel. Self-validation is a gift you can give yourself—and completely in your control.

To learn more about [emotional invalidation](#) and [self-validation](#), click on the links.

Invalidating Statement	Self-Validating Statement (What you can say to yourself)	Other-Validating Statement (What you'd like someone to say instead of the invalidating statement)
Don't be sad.	It's okay to be sad.	It's okay to be sad.
You make a big deal out of everything.	It was a really difficult experience.	That sounds really difficult.
You'll get over it.	I care about myself. What do I need right now?	I care about you. What do you need right now?
You probably misunderstood.	My feelings matter.	Your feelings matter.
You take everything so personally.		
I'm sure it wasn't that bad.		
What's wrong with you?		
You make a big deal out of everything.		
Stop making things up. That didn't happen.		

Self-Validation

Created by Sharon Martin, LCSW

Just let it go.		
Everything happens for a reason.		
It'll work out. Just you wait and see!		
There's nothing to worry about.		
You're too sensitive.		
You're overreacting.		
It's not worth crying about.		
Stop sulking.		
It could have been worse!		