**Validation**

**What does validation mean?**

**Levels of Validation**

**Level One- Being Present**

Focus on listening and observing; staying aware; be in the moment

**Level Two -Accurate Reflection**

Focus on accurate reflection; restate what the person had said.

**Level Three- Guessing Unstated Feelings/ Mindreading:**Focus on observing and stating the unspoken; restate what the person’s nonverbals are.

**Level Four- consider Past History and Individual Biology:**

Focus on causes of behaviors including past and present; restate past and connect it to current issue.

**Level Five - consider Present Events, and Normalize:**

Focus on person’s history and point out how current response is not helpful; restate the past and connect it to current issue and their choices

**Level Six- Radical Genuineness:**

Focus on treating the person as an equal; hope for the person; genuinely believe the person is capable of change

**Discussion Questions**

When someone validates you, how do you feel?

Why do you think it is important to validate ourselves and others?

Are there times when we should validate people and other times we shouldn’t validate people?

When you are in a difficult situation, who can you rely on to be there for you?  In your support network, who validates you?

**Invalidation**

*What is invalidation?*

*What are examples of invalidating responses?*

1. Reject self-description as inaccurate

2. Reject a normal response.

3. Reject response to events as incorrect or ineffective.

4. Dismiss or disregard.

5. Directly criticize or punish.

6. Reject and link responses to socially unacceptable characteristics.

*How does invalidation impact us?*

*Adapted from:*

**https://www.dbtselfhelp.com/html/validation\_examples.html**