

SELF-VALIDATION PRACTICE 1

Goals:

- 1) Separate *experiences* (e.g., feelings, thoughts, desires, sensations) from:
 - explanations,
 - judgments, and
 - from future events or worries about the future (or behaviors)
- 2) Separate *aspects* of an experience that are valid from those that are not (or may not be) valid:
 - valid in terms of previous experiences but not present ones
 - valid in terms of some previous experiences and not others
 - valid in terms of the past or present, but *not* the future
- 3) Describe...primary emotions, wants, beliefs, facts (no judgments)
- 4) Connect your primary emotions to what happened (if you can): "It makes sense, given that ___ happened, that I feel this way" (see Figure 1)
- 5) Be effective; empower yourself to handle any situation skillfully

Self-Validation may take one of the following forms (and some others):

<u>What</u>	<u>Verb</u>	<u>Modifier/description/referent</u>
I	am.	None (I exist. Period)
	am	physical description (here; not there; 5 ft. tall).
	feel	emotions, temperature, sensations (sad, happy, hot, cold, afraid, ashamed, excited, satisfied).
	want	object of desire or longing (not <i>needs</i> , which require an "in order to ___")
	think	opinions, beliefs, expectations, ideas, appraisals (not necessarily <i>facts</i>)
	notice	anything that you can observe, describe, etc., non-judgmentally (see, hear, etc.)
	am doing	notice and describe without interpreting or judging

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Situation: _____

<u>What</u>	<u>Verb</u>	<u>Description</u>
I	am.	
	am	physically: _____
	feel	emotions: _____

		temperature: _____
		sensations: _____
		other: _____
	want	_____

think	_____	

notice	_____	

am doing	_____	
