

## SELF-VALIDATION PRACTICE 2

1. What happened? What was the “event” or thing that triggered your emotion?  
Be descriptive: \_\_\_\_\_  
\_\_\_\_\_
2. What was your primary emotion? You might even have noticed it at the time, but can see in retrospect that it was normative, likely. \_\_\_\_\_
3. What words are in your head? They might be explicit (e.g., “I’m such an idiot”) or more implicit/IMPLIED or even may be automatic. These are the judgments or self-invalidating things. \_\_\_\_\_
4. Notice your secondary emotion(s). \_\_\_\_\_
5. Take a look at the situation and your primary emotion(s). Try to “block” using judgmental words or other self-invalidating responses. Try to simply notice what happened (#1) and your primary emotion(s) (#2).
6. Also, notice what vulnerabilities you might have had, leading to what happened.  
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7. Also consider: what, in your wise mind, in your heart, did you want to happen that in fact *is different* from what actually happened (#1)? Notice that what happened is probably not what you wanted to happen. So, being disappointed makes sense.
8. Does your primary emotion make sense to you? Figure out how it makes sense, why it makes sense. How would others feel in this situation? \_\_\_\_\_
9. Say it OUT LOUD! “It does make sense how I felt” (primary emotion, sensations, or what you wanted or longed for) because \_\_\_\_\_
10. Now, soothe yourself, and move on to your next activity. Nice work.