VALIDATING OTHERS

Goals:

1) Understand: What is the other person’s experience? What can you observe?
   ▪ Without explanations or judgments, without “should” or “shouldn’ts”

2) Communicate what you understand: Can you acknowledge his or her experience?
   ▪ I know that you ___
   ▪ I can see that you ___
   ▪ It makes sense that you ___
   ▪ Of course you ___ (that makes complete sense – anybody would)

3) Or, find out more: Can you ask about his or her experience in a way that shows you
   genuinely are interested and truly want to understand?
   ▪ I know you ___ but I don’t completely understand. Could you tell me more to help
     me understand?

Validation may take one of the following forms (and many others):

<table>
<thead>
<tr>
<th>What</th>
<th>Verb</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>You</td>
<td>are</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>are</td>
<td>physical description (here; not there; 5 ft. tall).</td>
</tr>
</tbody>
</table>
|      | feel | emotions, temperature, sensations (sad, happy, hot, cold,
|      |      | afraid, ashamed, excited, satisfied). |
|      | want | object of desire or longing (not needs, which require an
|      |      | “in order to ___”) |
|      | think| opinions, beliefs, expectations, ideas, appraisals (not
|      |      | necessarily facts) |
|      | notice| anything that she or he observes, describes, etc., non-
|      |      | judgmentally |
|      | are  | in our relationship (e.g., important to me) |
|      | are doing| notice and describe without interpreting or judging |
# VALIDATION PRACTICE

**Situation:**

I know that... or, I can see that ... or, It makes sense that...

<table>
<thead>
<tr>
<th>What</th>
<th>Verb</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>You</td>
<td>are.</td>
<td>physically: __________________________</td>
</tr>
<tr>
<td></td>
<td>are</td>
<td>emotions: __________________________</td>
</tr>
<tr>
<td></td>
<td>feel</td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>temperature: __________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>sensations: __________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>other: ______________________________</td>
</tr>
<tr>
<td>want</td>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td>think</td>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td>notice</td>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td>other</td>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td>are</td>
<td></td>
<td>relationship: ________________________</td>
</tr>
<tr>
<td>are</td>
<td></td>
<td>are doing __________________________</td>
</tr>
</tbody>
</table>