

VALIDATING OTHERS

Goals:

- 1) Understand: What is the other person's *experience*? What can you observe?
 - Without explanations or judgments, without "should" or "shouldn't's"
- 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):

<u>What</u>	<u>Verb</u>	<u>Description</u>
You	are.	none
	are	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 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...

<u>What</u>	<u>Verb</u>	<u>Description</u>
You	are.	
	are	physically: _____
	feel	emotions: _____ _____ _____
		temperature: _____
		sensations: _____
		other: _____
	want	_____ _____ _____
	think	_____ _____
	notice	_____ _____
	other	_____ _____
are	relationship: _____	
are doing	_____	