Validation

Validating another person is one of the most powerful ways to connect and build safety. We validate another by affirming and recognizing their experience and perspective. Validating another person doesn't mean that we agree and are siding with them. It simply means that we understand what they are going through while focusing on how they are feeling and what they experienced.

Here are some examples of how to validate someone. It is critical that we are present and in the moment with them when making these statements.

VALIDATING EXAMPLES
It makes perfect sense that when _____ happened, you thought _____, and felt _____.
I can see that you are feeling tense about this... it makes sense.
I can see why that wouldn't feel good.
I hear you. I get it. I can tell that this isn't working for you.
I really want to understand how this impacted you, so far it sounds like _____.

After spending time listening and asking questions, the best way to move the conversation forward is by validation.