

Self-validation and Self-respect

Clients can use the process of validation on themselves as a positive method for improving self-confidence and self-esteem.

Use the following questions to improve your own or your client's self-validation skills.

Give three self-validating statements you have used in the past week

If you don't have three examples, describe times when you could have used self-validating statements but didn't, such as:

- *I reminded myself that there is a cause to all behavior and that I am doing my best.*
- *I was compassionate to myself.*
- *I admitted to myself that it is hard when someone invalidates me, even when they are correct.*
- *I acknowledged that my reactions made sense and are valid in this context.*

What was the situation?

What did you say?

What was the outcome?

How did you feel afterward?

What worked, and what could you do differently?

Dr. Jeremy Sutton