

## Practice Exercise: Validation of Self and Others

Due Date \_\_\_\_\_

List *one* self-invalidating statement and *two* self-validating statements:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List *one* invalidating statement to others and *two* validating statements to others:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Choose a situation during the week in which you used validation skills with someone else or yourself.

**Situation:** \_\_\_\_\_

\_\_\_\_\_

Who did you validate? \_\_\_\_\_

What *exactly* did you do or say to validate yourself or that person? \_\_\_\_\_

\_\_\_\_\_

What was the outcome? \_\_\_\_\_

\_\_\_\_\_

How did you feel afterward? \_\_\_\_\_

\_\_\_\_\_

Would you say or do something differently next time? What? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_