## WALKING THE MIDDLE PATH HANDOUT 11

## **Practice Exercise: Validation of Self and Others**

Due Date
List <i>one</i> self-invalidating statement and <i>two</i> self-validating statements:
1
2
3
List <i>one</i> invalidating statement to others and <i>two</i> 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?

From *DBT Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).