



THE
ELEMENTAL
BEING



Validation Practice

We unite to gain strength, inspiration and direction.

Worksheet for Validation Practice



What you need: a pen, paper or journal (if you need more room for your answers), a safe space. This practice is intended to be done by you alone, or with someone. For the questions that ask about how someone else is responding or feeling, think about your inner self.

Awareness.

Ask yourself, "What are my intentions in this conversation?"

Pause with intention.

If it's to prove you're right, or to prove they are wrong, STOP HERE and revisit the Validation Practice at another time. To validate is to desire to understand, to grow with someone.

Seeking to understand

What are they feeling?

Where are these feelings coming from?

What do they need?



Paraphrase to clarify.

Put in your words what you are hearing them sharing

If they are unable to express an emotion, you could say, "It sounds like you are frustrated."

Opportunity to clarify.

At this point they may correct you, or add, "Yes, I am frustrated but I am also hurt." What are you currently feeling?

To truly validate.

After you know, you understand. This is where validations lands.

You can say, "I hear you, it makes senses that you felt frustrated and hurt." You could also say, "You're allowed to feel frustrated and hurt."

What are you currently feeling?



Stay longer and understand the need behind the emotion.

Ask your conversation partner, "What do you need?"

How can I support you?

Validation practice.

Practice with yourself daily. Ask yourself what are you feeling, why, clarify, and validate yourself.

Practice this with friends, colleagues, family, and lovers

With love, compassion and support, Brandy Osborne

