Validation

Emotional validation is the process of learning about, understanding, and expressing acceptance of another person's emotional experience. Emotional validation is distinguished from emotional invalidation, in which another person's emotional experiences are rejected, ignored, or judged.

Validating an emotion does not mean that you agree with the other person or that you think their emotional response is warranted. Rather, you communicate to them that you understand what they are feeling without trying to talk them out of the feeling or shame them for the feeling.

Emotional validation plays a number of important roles. Some of the benefits include:

- **Communicating acceptance**: When you validate someone's emotions, you are showing that you care about and accept them for who they are.
- **Strengthening relationships**: People who show each other acceptance are able to feel more connected and build stronger relationships.
- **Showing value**: When you validate someone's emotions, you are showing him or her that they are important to you.
- **Better emotional regulation**: When people feel that others hear and understand them, it can help lessen the intensity of strong emotions. This can be particularly important when it comes to strong negative or distressing feelings. Some research suggests that offering people emotional validation may help them better regulate their emotions.

Validating feelings involves recognising someone's feelings and acknowledging them as important. In any healthy relationship, it is important to validate someone's feelings when they are upset. Keep in mind that validating someone's emotions does not mean that you resign yourself to being treated poorly. Start by listening and responding in simple terms. From there, try to empathize as much as you can. Remember, you do not have to agree with someone's feelings or choices to acknowledge their emotions are valid.

Resources:

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Validating others worksheet

What is emotional validation?

https://www.verywellmind.com/what-is-emotional-validation-425336

17 Ways to validate yourself

https://www.livewellwithsharonmartin.com/validate-yourself/

How to validate someone's feelings

https://www.wikihow.com/Validate-Someone%27s-Feelings