

## A “How To” Guide to Self-Validation

1. **Pay attention** to your own behavior (thoughts, feelings, and actions).
2. **Reflect** by describing to yourself your own private (thoughts and feelings) and public (actions) behaviors.
3. **Be mindful of your own emotions and situation.** Be sensitive to what your emotions and the situation may be telling you about what you need.
4. **Try to understand** your deepest thoughts and feelings. Recognize that all of your behavior is caused, and therefore inherently understandable. Remember that you are doing the best you can.
5. **Acknowledge the valid** by standing up for yourself when your behavior is valid, even if others don't see it.
6. **Treat yourself with respect.** See yourself as equal to others.

SELF-VALIDATION is key to:

- ! Building and maintaining self-respect
- ! Emotional regulation
- ! Accessing your Wise Mind

## Worksheet for practicing SELF-Validation

REINFORCE yourself! Use the table below to give yourself acknowledgment (reinforcement) for practicing SELF-VALIDATION. (Remember, reinforcement is the most effective way to increase a behavior).

Place a check-mark, star, smiley face ! , or whatever feels reinforcing in the boxes below any time you attempt to practice SELF-VALIDATION.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pay attention (to my own experience)							
Reflect (describe my experience to myself)							
Be mindful of my emotions and needs							
Try to understand my thoughts and feelings							
Acknowledge the valid							
Treat myself with respect							

## Worksheet for practicing SELF-Validation

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