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FORM 3.5

What I Can Do When I Am Not Validated

Directions: Sometimes we don't feel that others understand how we feel—we feel invalidated. This can be upsetting. However, there may be a number of things that you can do to soothe your own feelings rather than rely on others. In the form below, list some examples of techniques you could try as alternatives for when you feel invalidated.

Alternatives to validation	Examples
I can accept that others are imperfect.	
I can recognize that there are a lot of ways that people have supported me.	
I can focus on solving some of my problems.	
I can find ways to soothe myself in the present moment.	
I can distract myself with other activities and goals.	
I can challenge the idea that being invalidated is awful.	
Other	