

# Levels of Validation

let's THERAPIZE that shit !!!

## 1 Pay attention

Active listening. Look interested, listen, observe, focus. Respond with gestures and facial expressions.

## 2 Reflect back

Paraphrase and summarize without judgement (words or tone). Ask if you've got it right.

## 3 Interpret

Read body language & non-verbal cues. Include what you know about the person already. Check accuracy.

## 4 Understand

Look for how the person feels makes sense given their history, state of mind/body, and/or context.

## 5 Acknowledge the valid

Show you see the person's thoughts, feelings, & actions are valid given current reality/facts.

## 6 Show equality

Focus on common humanity. "I would feel the same way if I were in your shoes." Avoid one-upping or one-downing.

