

# How to Tell if You're Invalidating Yourself

let's *THERAPIZE* that shit !!!

The Validation skill is from Interpersonal Effectiveness Handout 17 in the DBT manual. Despite being in a module focusing on relationships with others, validation is a vital skill to apply to ourselves. For those of us who have experienced extensive invalidation from others, invalidating ourselves is second nature and often happens before we're aware of it. It can be helpful to have some signs to watch for.

## You might be invalidating yourself if you are:

- Feeling miserable
- “Should-ing” yourself
- Judging yourself
- Unnecessarily apologizing
- Trying to problem-solve a feeling or talk yourself out of a feeling
- Hiding; feeling shame
- Saying or thinking “it’s fine” when it’s not
- Making jokes to avoid your feelings
- Having your feelings persist
- Stubbornly holding onto your feelings
- Wanting to make the situation worse