

Examples of Validation Phrases

let's *THERAPIZE* that shit !!!

The Validation skill is from Interpersonal Effectiveness Handout 17 in the DBT manual. If you're new to practicing validation, it can feel clunky and overly formal. Here are some phrases to try using the next time you're validating others (or yourself). Mix and match parts of these phrases as needed!

- Tell me what's going on. / Say more. / What else?
- Can you tell me more about what you're thinking / feeling?
- Are you feeling urges / compulsions to do something?
- What does that feel like for you?
- Of course you're having that thought / emotion / urge!
- It makes total sense you'd be thinking / feeling that way given: everything you've experienced / your history / what's going on in your life lately.
- Your behavior / urges makes total sense given everything you're thinking / feeling.
- Your behavior / thoughts / feelings make sense because everything in the universe is caused and comes from somewhere.