

# Emotional Validation

How many times have you heard the invalidating statements below? Probably lots.

Invalidating statements can be a part of the cultural norm and are seen as “normal” for some people. (A lot of it boils down to how you are raised.)

The effects of invalidating statements can be subtle but powerful. Invalidating statements tell a person that their experiences do not matter. They can invoke feelings of hopelessness, worthlessness, and inferiority. Invalidation can make someone question their feelings and prevent them from reaching out to others in the future. You can validate someone’s feelings and use empathy even if you do not agree with them.

<b>Invalidating Statements</b>	<b>Validating Statements</b>
<ul style="list-style-type: none"><li>• It could be worse.</li><li>• You’re too sensitive.</li><li>• You’re overreacting.</li><li>• You shouldn’t feel that way.</li><li>• I know exactly how you feel.</li><li>• Just let it go.</li><li>• You take everything so personally.</li><li>• You make a big deal out of everything.</li><li>• I don’t see the problem.</li><li>• You shouldn’t be so....</li><li>• How do you think that makes me feel?</li><li>• At least...</li><li>• People have worse problems.</li><li>• It’s not that bad.</li></ul>	<ul style="list-style-type: none"><li>• Sounds like you are going through a tough time.</li><li>• That does seem (insert emotion they have expressed here).</li><li>• I’m glad you came to me to talk.</li><li>• I may not completely understand but I am here to listen.</li><li>• Thank you for talking to me.</li><li>• It makes sense that you feel...</li><li>• How can I help?</li><li>• Please tell me more about it.</li><li>• I want to understand what it’s like for you.</li><li>• Do you want me to just listen or help you solve the problem?</li><li>• How did that make you feel?</li><li>• It can be hard to talk about these things.</li></ul>