

How are you Validating Other People?

Use this worksheet to review a recent session with a client to assess how well you validated them, verbally and non-verbally (modified from Rather & Miller, 2015):

Think of a recent session or part of a session, reflect on your validation skills and techniques, and answer the following questions:

Were you actively listening?

Did you make eye contact, and did you remain focused? (if not, what did you do wrong?)

Were you mindful of your verbal/non-verbal reactions?

Did you react negatively to what they said or discount their thoughts and feelings?

Could you sum up what they were feeling in a word?

Were you able to reflect back what they said without judgment?

Did you use phrases such as, *I understand that you are having a tough time right now.*

Did you show tolerance?

Even when you did not agree with their behavior did you show tolerance?

Did you respond in such a way that showed you were taking the other person seriously?

Reflect on each answer. What went well, and what could you do better next time?

References

- Rather, J. H., & Miller, A. (2015). *DBT skills manual for adolescents*. Guilford.

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