

2023 - FREEBIE

THE POWER OF VALIDATION

Your current style of responding is probably not working and you could use an upgrade. There are really quick language hacks that can get you the results you want in your relationship.

CHRISTALYNWARNER.COM

A PURPOSE IN ACTION

MEET YOUR GUIDE



CHRISTALYN WARNER

Owner + Coach

Welcome! Hi, I'm Christalyn. I am a licensed marriage and family therapist & coach. It is my mission to get you from unfulfilled and stuck in the problems of your relationship to feeling unstuck and completely free to create the relationship you absolutely love!

A PURPOSE IN ACTION

THE POWER OF VALIDATION


So often in communication advice is given too quickly. This usually happens because one person wants to get the other to feel differently. The upset or frustration the other person is feeling can be either overwhelming or distressing. The want is to make the other person feel better quickly and the go to move is... Advice Giving.

If you knew the fastest route to making the most important people in your life feel better quickly would you use it?

"I think the answer is yes 100% of the time."

This workbook is here for you to learn a different way.





||

**“When we love, we
always strive to become
better than we are.
When we strive to
become better than we
are, everything around
us becomes better too.”**

— Paulo Coelho, *The Alchemist*

WHAT NOT TO DO

LET'S JUMP IN

We are starting with what you may be already doing. Invalidating the people who matter to you in your life. This usually goes unnoticed where you find yourself scratching your head after an interaction, saying, "well that didn't go so well." And typically there is no answer in sight as to why the interaction fell flat or imploded. It's because you invalidated the person who came to you to feel seen and heard by you and you didnt even know you were doing that.



NOTES:

Get ready to take some notes and begin a discussion with yourself on ways you may have invalidated people in your past and what you were actually trying to do.

("I say past because after reading this you will know how to show up differently")

HAVE YOU MADE THESE INVALIDATING STATEMENTS BEFORE?

When have you said this?
What were you hoping
the outcome would be?

“You’ll be fine.”

Type Your Answer Here

What message did you
want to give to your
person when you said
this?

“It could be worse!”

Type Your Answer Here

What is the hope you
wanted to convey when
you made this statement?

“Don’t worry; things will work out.”

Type Your Answer Here

What was the response
you were hoping for when
you said this?

“It’s not that big of a deal.”

Type Your Answer Here

INVALIDATING LANGUAGE

You may think you are helping when you say the above statements. . Invalidating responses are often born out of good intentions they do anything but help.

An invalidating response is anything that minimizes or dismisses another person's feelings:



These types of responses actually make things worse



These suggest that the other person is being irrational and/or "shouldn't" feel the way they are.



The message that's being sent is one of "hurry up and get over it."



You are inferring you know better than they do.

NOTES:

Type Your Answer Here

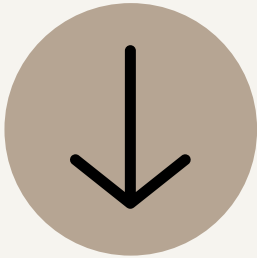
A PURPOSE IN ACTION

YOUR RELATIONSHIP SUPERPOWER

Validation is, in essence, the act of helping someone feel heard and understood. Validation is crucial for building healthy, satisfying relationships. Validation comes down to active listening. Your primary focus is on developing the ability to pick up what your partner is telling you. To break it down to two easy steps:

- The specific emotion the person is feeling
- The justification for that feeling

BECOME A GOOD LISTENER



YOUR NEW JOB IS THIS

To let them know you hear them + understand them by being the best active listener. You are responsible for giving this message: "I am here with you, what you are feeling makes sense."



WHAT ARE THEIR BIGGEST PAIN POINTS

Listen for clues on what the pain points are. Are they feeling lost, scared, frustrated, angry, upset, hurt?



IDENTIFY THE REASON

Look for the justification of why they are sad, hurt, angry, etc. Did their boss yell at them? Is a friend being hurtful? Did they make a mistake they feel bad about?

A PURPOSE IN ACTION

WHAT TO ACTUALLY SAY

You have to hold off on giving advice. You have to stop yourself from giving reassurance. And by doing that you get to...

YOU GET TO

Show your partner you hear them

YOU GET TO

Show respect for your partner's experience

YOU GET TO

Feel good in your relationship

YOU GET TO

Avoid a fight

YOU GET TO

Show your partner you understand where they are coming from

YOU GET TO

Strengthen your connection

YOU GET TO

Make your partner feel good

YOU GET TO

Create more desire to connect with you

VALIDATING RESPONSES

1

"Wow, that would be confusing."

2

"He really said that? I'd be angry too!"

3

"Ah, that is so sad."

4

"I'm so happy for you! You've worked incredibly hard on this. It must feel amazing."

5

"I can see you are upset, what can I do to support you?"

6

"That must have been so frustrating."

7

"That would make me upset too."

8

"That sounds really difficult."

CHECK YOUR SKILLS

Let's test your knowledge. Choose the validating response and really think about the response. How do you think someone would feel if they heard that response?

1

Your partner calls you and says this, "I am so afraid I am going to mess up this presentation. I have been working so hard and you know how I get speaking in front of people."

you respond with "You are making a big deal out of nothing, you'll crush it, you always do."

You respond with "You have been working really hard on this, I know how scared you get speaking in front of people."

you respond with "you'll do great."

2

Your partner comes home so upset and says this, "Ugh, the team I am working with right now is so irritating, I have to do all the work and they are no help at all."

you respond with, "Wow that sounds really frustrating, you must be so overwhelmed having to do your job and other people's at the same time."

you respond with, "How about a hello first before you dump your day on me?"

you respond with, "are you sure you aren't exaggerating, I am sure someone is doing their job, not just you."

answers: 2, 1

A PURPOSE IN ACTION

7 DAY CHALLENGE

ASK YOUR PARTNER

"Do you want to be heard or are you looking for advice?"

DURING A SHARED MEAL

Ask "When do you feel most connected to me?"

SUGGEST

Some time together at the end of the day to review your day/week
Format: one person talks the other listens then trade off

APPRECIATE

Make time in your day to tell your partner what you appreciate about them. It can be who they are to you or what they did that you liked.

BEFORE YOU GO TO SLEEP

Ask, "What do you need from me when you are upset or sad?"

PLAN A DAY

Take action and go on a day date.
Be it morning coffee, or a walk on the beach, a hike, mini golf, do something together

REMEMBER

Something they said they liked recently or a dream they expressed and see if you can fulfill it.

A P U R P O S E I N A C T I O N



A P U R P O S E I N A C T I O N

SIGN UP TO GET MORE FREEBIES AND UPDATES FOR UPCOMING ONLINE COURSES

CHRISTALYNWARNER.COM

THANK YOU!

Follow me for more: [@purposeful.action](https://www.instagram.com/purposeful.action)

Join my FB group for live discussions:
<https://www.facebook.com/groups/christalynwarnercoaching/>

[CHRISTALYNWARNER.COM](https://www.christalynwarner.com)