

MEANINGFUL ACTIVITIES

VALIDATION

To validate someone's feelings is first to accept someone's feelings. Next, it is to understand them, and finally it is to nurture them.

To validate is to acknowledge and accept one's unique identity and individuality. Invalidation, on the other hand, is to reject, ignore, or judge their feelings, and hence, their individual identity.

When we validate someone, we allow them to safely share their feelings and thoughts. We are reassuring them that it is okay to have the feelings they have. We are demonstrating that we will still accept them after they have shared their feelings.



1 We emphasize “WORDS” as one of our four tools. In thinking about the connection between validation and words, how do the people you serve need or want to hear your words?

2 How do you use words of validation while out in public, when trying a new activity or in the midst of a great success at home?

“In the end we will
not remember the
words of our enemies
but the silence of our
friends.”

-Martin Luther King Jr.