

Self-Validation Worksheet

Self-validation is a DBT skill that helps you acknowledge your difficult emotions (anger, sadness, hurt, shame, etc.) without triggering secondary emotions in response to having the initial emotions (e.g. feeling anger in response to feeling shame.)

Acknowledging

What emotions are you experiencing right now? Where are you experiencing them in your body?

Allowing

Use one of the following statements or add one of your own to help yourself allow your difficult emotions to pass:

- I am allowed to feel this way.
- I am not defined by what I feel.
- I can breathe my way through this.
- I own my emotions so they don't own me.

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- _____
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- _____

