Uncage Your Emotions

HOW TO OWN WHO YOU ARE
IN THE MIDDLE OF YOUR MESS

VALIDATION


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From a science-based perspective, we are born with mirror neurons that fire when we see another human make a facial expression or move a certain way. In turn, we mimic the behaviour. These neurons are thought to be directly linked to empathy.

When we have someone see our experience, shift to match it, and then speak to validate our experience (without trying to fix) it, allows our limbic brain to settle. Ultimately, we know that who we are, just as we are, is OK.

Personally, I believe and what I've seen in my practice is that, we as human beings need to be heard and seen. We feel a level of emotional safety when we are validated.

Without validation, we can easily feel dismissed, not important, minimized, over shadowed and ultimately make the story; that who we are isn't good enough.

Here's what you can say to VALIDATE others.

"I hear you", (Stating you hear them, allows them to know you are attentive and with them; A piece that is often missed when needing to feel seen and heard).

"Tell me more" (Inviting them to share more shows your interest and allows for a deepening of the experience for you both).

"That makes sense" (When you can understand what they are going through from their perspective is an incredibly important step in validating their experience.

This doesn't mean that you agree with them, it means, from what you know of them, and their history, it makes sense how they could adopt their point of view about this particular experience they are sharing.

"Thank you for sharing" (You have had the privilege of seeing into their internal world, it's not your right, it's your **privilege**. Let's honor that.)

Practice these phrases often, and see what happens as the dynamics shift within yourself and others.

Taunya Craig relationship therapist, coach & speaker