

HOW TO VALIDATE SOMEONE DURING CONVERSATIONS

Validating someone during conversations involves acknowledging and affirming their thoughts, feelings, and experiences. It is important to validate other's during conversations to encourage vulnerability and ensure they feel seen, heard and valued.

Here are some ways to effectively validate someone:

Active Listening: Pay full attention to what the person is saying without interrupting. Show that you're engaged by making eye contact, nodding, and using verbal cues like "I see," "Go on," or "Tell me more."

Reflective Responses: Reflect back what the person is saying to show that you understand. You can paraphrase their words or summarize their feelings. For example, "It sounds like you're feeling frustrated because..."

Empathy: Put yourself in their shoes and try to understand their perspective. Express empathy by acknowledging their emotions, even if you don't necessarily agree with their point of view. Saying things like "I can understand why you feel that way" or "That must have been really difficult for you" can go a long way.

Avoid Judgment: Refrain from criticizing or dismissing their feelings, even if you disagree with them. Everyone's experiences and emotions are valid, and it's important to respect that.

Ask Open-ended Questions: Encourage the person to share more by asking open-ended questions that invite deeper reflection and discussion. This shows that you're genuinely interested in what they have to say.

Validate Non-Verbally: Sometimes, non-verbal cues such as a comforting touch, a smile, or a sympathetic expression can convey validation effectively.

Normalise Feelings: Let the person know that it's normal to feel the way they do given the circumstances. This can help them feel understood and less alone in their experiences.

Validate Strengths and Efforts: Acknowledge the person's strengths, efforts, and accomplishments. This can boost their confidence and self-esteem.

Be Genuine: Authenticity is key to effective validation. Be sincere in your responses and avoid patronizing or overly generic statements.

Practice Patience: Sometimes, validation requires patience, especially if the person is expressing complex emotions or experiences. Take your time to fully understand their perspective before responding.

Validation doesn't necessarily mean agreement. It's about showing respect, empathy, and understanding towards the other person's thoughts, feelings and experiences.