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**Validation** is arguably the single most valuable and powerful social/interpersonal tool there is. Validation means you show respect for others' points of view in a way they can see. It does not mean you have to agree with their point of view.

The goals or benefits of validation:

- 1) End or avoid arguments
  - 2) Reduce anger, opposition and "resistance" in others
  - 3) Help others feel closer to you because they feel more respected
- Effective statements of validation allow you to show respect for and understanding of others without sacrificing your own points of view or individuality.
  - Validation is also based on the idea that we all have different ways of seeing things based on our own experiences, values we have developed, knowledge we have acquired and ways we learn to think about things.

To use validation effectively we show agreement where it does exist and express disagreement respectfully.

We are not obligated to validate others, yet it is often mutually beneficial. As the examples in the *Validation Supplement* will show, we can use validation even when people say things to us that are provocative. Once again, we don't have to and sometimes a provocation from others can be so strong that we just won't want to use a validating response.