

Internal Validation Tool

Purpose

External reassurance can feel comforting—but lasting steadiness grows inside. This tool helps you practice validating your own experience before looking outward.

Step 1: Pause

Take one slow breath.

Right now, I notice I'm seeking validation about:

Step 2: Turn Inward

Instead of reaching outward, gently return to yourself.

Read or say quietly:

"I trust my experience."

What do you notice after saying this?
(Body sensations, emotions, thoughts—anything that stands out.)

Step 3: Name What's True

Complete one sentence:

What I know to be true for me right now is:

Step 4: Offer Support

Validation doesn't mean having all the answers.

One supportive message I can offer myself is:

Step 5: Gentle Integration

Choose what fits today:

- ☐ I don't need external confirmation right now
 - ☐ My experience is valid as it is
 - ☐ I can check in with myself before checking with others
 - ☐ It's okay to trust my inner sense
-

Reflection

Trust grows inside first. When you validate yourself, steadiness follows. The bridge holds as you practice.