

Self-Validation: Strengthening Your Footing

Purpose

To build emotional steadiness by acknowledging your experience—without minimizing it or needing it fixed.

Step 1: Name the Moment

What's happening right now? Keep it factual and brief.

The situation:

Step 2: Name the Feeling

Choose one or two words—no story required.

- Sad
 - Anxious
 - Frustrated
 - Hurt
 - Overwhelmed
 - Uncertain
 - Other: _____
-

Step 3: Validate the Experience

Complete the sentence below. Say it silently or out loud.

It makes sense that I feel this way because...

(Validation is not approval—it's acknowledgment.)

Step 4: Check Your Footing

Ask yourself:

- Am I expecting myself to "be fine" too quickly?
- Am I dismissing something that matters to me?
- What would change if I allowed this feeling to exist without fixing it?

Notes:

Step 5: Offer Steadiness

Choose one:

- Take a slow breath
- Place a hand on your chest or feet on the floor
- Remind yourself: *I can move forward without rushing.*

My grounding choice:

Bridge the Gap Coaching

Validation is not standing still. It's finding steady footing—so the bridge can hold.