

# Internal Validation Tool

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## Purpose

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

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## Step 1: Pause

Take one slow breath.

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

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## 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.)

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## Step 3: Name What's True

Complete one sentence:

- *What I know to be true for me right now is:*
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## Step 4: Offer Support

Validation doesn't mean having all the answers.

One supportive message I can offer myself is:

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## 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
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## Bridge the Gap Coaching

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