

# THE VALIDATION EXERCISE

1. Stop, focus, and allow yourself to feel because feelings aren't right, wrong, good or bad, they just **are** what you are feeling.
  - a. Do heart-breathing exercise.
  - b. REMEMBER: Your ego will try to fool you into **thinking** that you are feeling.

2. Surface 6-8 answers to the following sentence completion, plugging in all the feelings you feel in that moment.

*"I give myself permission to feel \_\_\_\_\_ (frustrated, angry, sad, scared), because \_\_\_\_\_."*

3. Validate the reasons why it is normal, natural and necessary for you to feel what you are now feeling.

*"It is normal because \_\_\_\_\_."*

*"It is natural because \_\_\_\_\_."*

*"It is necessary because \_\_\_\_\_."*

4. Be on guard to your ego mind. It will try to use it's favorite ego traps in an attempt to have you thinking that you are feeling your feelings when in fact you are only thinking about them.
  - a. Ego Trap Ex: Create Confusion, make the Unimportant - Important and the Important - Unimportant, make you believe *"I already know that."*

5. Identify the message that your heart is sending you with these two sentence completions:

*“What I just learned about myself is\_\_\_\_\_.”*

*“What I just learned by validating my feelings is\_\_\_\_\_.”*

6. Recognize, commend, and reward yourself for demonstrating highly functional self-parenting behavior by using this validation process!