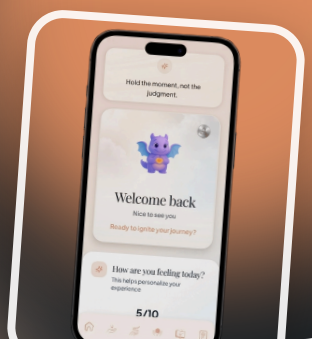
DBT-MIND · FREE PRINTABLE

Self-Validation Worksheet

Your feeling showed up for a reason. Find the reason, write it down, then choose what to do next.

DBT VALIDATION · USE AFTER A HARD MOMENT



The six levels, turned toward yourself

1 Pay attention
Notice the feeling instead of pushing it away or scrolling past it.

2 Say it plainly
Put it in simple words: "I feel hurt and a bit scared."

3 Look underneath
What else might be there? Shame, tiredness, missing someone?

4 Your history
Given what has happened to me before, this reaction makes sense.

5 This situation
Most people in this spot would feel something like this.

6 Be real with yourself
Talk to yourself like a person you respect, not a problem to fix.

My hard moment

What happened (just the facts: who, where, what was said or done)

What I feel	0 to 10
	/10
	/10

What my body is doing (tight chest, hot face, tears, tired)

It makes sense because ...

... of my history (level 4)

... of this situation (level 5)

... anyone would (level 5)

Does any part not fit the facts? ☐ No ☐ Yes, this part:

The level that helped most

☐ 1 Pay attention ☐ 2 Say it plainly ☐ 3 Look underneath ☐ 4 History ☐ 5 Situation ☐ 6 Be real

My next step or skill (rest, a call, a walk)

How strong the feeling is now (0 to 10) **and what I noticed**

Validating a feeling is not approving every action. If you have an urge to hurt yourself, the pain behind it makes sense, and acting on it is still not the way through. Reach out now: call 988 (US), 112 (EU) or your local crisis line.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dbt-validation

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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