

How to Self-Validate

The more we validate ourselves the less dependent we are on the praise and approval of others. Other peoples' feedback is much less reliable and controllable than our own. Self-validation is a habit and skill that can be acquired and continually improved upon until it becomes second nature. Here are practices that cultivate self-validation both in the moment and over time.

1. Sense/feel acceptance—relax any gripping or striving
Notice how the felt sense of acceptance manifests in the body. Sense how much of a relief it is.
2. Hear acceptance—in whatever phrases work best for you
Such as “I accept myself just as I am,” “I love you,” “I’m fine,” “Everything’s fine,” “And this too,” “All is well,” “It’s all good.” Whatever phrases are relieving and relaxing.
3. Release any judging thoughts
Simply let go of them. They aren’t useful.
4. Value/appreciate yourself— the wonder and vitality of your body and mind
Let your awareness rest with the amazing functioning of your body and mind, what an incredible feat of nature they are.
5. Take loving action on your behalf—good self care
Treat yourself as you would treat a fine guest, take the time to attend to yourself properly, prioritize your comfort and contentment while accomplishing your to do list.
6. Notice how loving, relaxed, and good you can feel
These are feelings you can drop into at any point. It’s just a matter of directing your awareness to them and augmenting them.
7. Observe if there are any activities that bring out self-respect
See if certain activities create a sense of self-worth and notice how this feels in the body. Memorize, call upon, and expand this feeling to more of your day.
8. Discover other practices that are self-validating for you.
Find your own methods of cultivating self-worth that take into account your preferences and personality traits. Experiment and be curious.