

Validation Plus Facts

Dialectics is the skill of learning that two opposites can coexist at the same time. For example, we can be joyful over a memory and grieving the loss of someone. We can have intense joy and intense frustration in the same day. When we join the two opposites with the word “and” this helps us practice acceptance instead of “but” which can cause feelings of justification, competition, or dread. Dialectics is a Dialectical Behavioral Theory skill.

An option with this skill is called **Validation Plus Facts**. Using the concept of Dialectics, this skill can help us ground when feelings are intense or thoughts feel like they are spiraling. For example, “I feel alone, **and** I know my friends love me.” “I am so angry, **and** I know this is not permanent.” “Today feels awful, **and** it doesn’t mean my life is awful.”

Validation Plus Facts helps us to practice acceptance and not to fall into toxic positivity which promotes suppression. Validation helps us recognize and label our thoughts or feeling, and facts helps us to remember truth and that life is not all or nothing, perfect or terrible, pass or fail.

- (1) Write down your thought or your feeling.
- (2) Join by the word “and.”
- (3) Add a fact to the thought or the feeling to bring balance so emotions don’t intensify or thoughts don’t spiral or get cloudy.

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