Self-Validation Sentence Lab

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A participant character is upset about exclusion.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Write a validating statement that acknowledges context without endorsing harmful behavior.

3. What would validation include and leave out?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.