

Harmful invalidation can be distressing and painful. The next time this happens:

pause, be nondefensive, check the facts



Check all the facts. If emotions are clouding your view, get help from someone you trust will help you see the truth and will validate the valid.



Acknowledge invalid responses. If your reaction doesn't fit the facts, make sense, or help you, admit it. Work on changing your thoughts and behaviors.



Let go of self-judgment. We can't know all the facts in every single situation. Not knowing is not stupidity. Invalid behavior often has valid reasons.



Remember that all behavior is caused, including yours. You're doing your best given your circumstances and personal history. Keep going.



Use self-compassion. Admit that invalidation hurts, even if others are right. It's okay to be kind and soothing to yourself.



Remember that invalidation is rarely a catastrophe. You may be feeling intense feelings, but all of this will pass and the world will keep turning.



Acknowledge valid responses if they were valid under the circumstances. It can be true that your response was reasonable given what you knew at the time.



Tell someone supportive. Describing your experiences and behaviors is a great way to reduce shame via opposite action or exposure.



Use all the validation steps on yourself.

1. Pay attention to your own thoughts, feelings, and behaviors.
2. Reflect - describe your own thoughts, feelings, and behaviors to yourself.
3. Be mindful. Tune into the situation and your own emotions. What are they telling you about what you need?

4. Try to understand the causes of your thoughts, feelings, and behaviors. Remind yourself that you are doing your best.
5. Acknowledge the valid. Stand up for yourself when your behavior is valid, even if others don't agree.
6. You are equal to others. Respect yourself accordingly.



Practice radical acceptance. Radically accept your own pain. Radically accept the person who has invalidated you. Take in the reality of the situation 100%.



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.