





Validation doesn't mean fixing or agreeing with everything your child says. It simply means showing them their feelings are real and important. Here are some simple phrases you can use in everyday moments.



Phrases to use with children:




"It makes sense you feel that way."



"That sounds really hard."



"I hear you."



"I can see why you're upset."




"Your feelings matter."



I let go of past regrets and focus on the present



I am a magnet for success and prosperity



"It's okay to feel like that."




"I believe you."



There is always something to be thankful for





"You're allowed to feel disappointed."






“I can see this **means a lot**  
to you.”



“You’re **not**  
**alone in this.**”





“Thank you for  
telling me how  
you feel.”



### Self-use phrases:





“My **feelings** are valid.”



“It makes **sense**  
that I feel this  
way.”



“This is tough, and I’m  
doing my best.”





“It’s human to  
feel this way, I  
don’t need to  
push it away.”



“I don’t need **to**  
**compare my pain** to  
others.”



“It’s **okay** to need support.”



“My emotions  
are valid, even  
if others don’t  
see them.”

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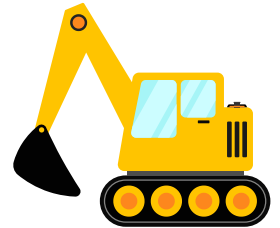
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**"I hear you."**



**"I can see why you're upset."**

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**I let go of past regrets and focus on the present**

**I am a magnet for success and prosperity**

**"I believe you."**



**"It's okay to feel like that."**



**There is always something to be thankful for**

**"You're allowed to feel disappointed."**



**“You’re not alone in this.”**

**“I can see this means a lot to you.”**

**“Thank you for telling me how you feel.”**

Self-use phrases:

**“My feelings are valid.”**

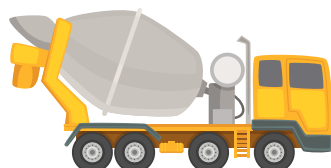


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**“This is tough, and I’m doing my best.”**

**“It’s human to feel this way, I don’t need to push it away.”**

**“I don’t need to compare my pain to others.”**



**“It’s okay to need support.”**

**“My emotions are valid, even if others don’t see them.”**