



The Healing Collective

Partner validation exercise





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PARTNER VALIDATION EXERCISE

When you are upset with your partner or the relationship, ask yourself:

What happened?

What feelings do I have?

How can I accept these and understand them?

How can I show compassion to myself (what might I say to an upset friend)? What can I do to self-validate or self-soothe?

What is my partner feeling now? Why is this so upsetting for him/her?

What do I notice in his/her actions/expressions?

What can I say to myself that is compassionate, not judgmental, about what he/she is feeling?



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What is the big picture? What is my overall feeling towards this person versus what I feel right now?

What are my hopes for our relationship?

How can I create and show acceptance to him/her even if the actions are upsetting?

What actions can I engage in that will show acceptance?
