

Where Does Your Validation Come From?

**RECOGNIZE WHEN YOU'RE LOOKING
OUTSIDE YOURSELF FOR VALIDATION AND
PRACTICE BRINGING THE VALIDATION
BACK INWARD**

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TRUST YOUR OWN EXPERIENCE

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Welcome

Validation is the experience of feeling seen, heard, understood, and accepted. When we have learned to rely heavily on other people's approval, it can become difficult to know what we actually think, feel, need, or want without someone else confirming it first.

This workbook is an opportunity to begin shifting that relationship.

Through a series of simple reflections and exercises, you'll explore where you may be seeking validation from others, what you're really looking for when you seek it, and how to begin giving yourself the understanding and reassurance you've been looking for outside of yourself.

You don't need to have all the answers. You simply need to be willing to get curious about yourself.

The goal isn't to stop valuing other people's opinions. It's to stop abandoning your own in order to receive them.

How to Use this Workbook

There is no right or wrong way to complete this workbook. The purpose is to create space for real self-reflection.

1. Give yourself some uninterrupted time.

Even 15–20 minutes can be enough. Choose a quiet place where you can focus on yourself with something to write with and maybe some additional paper.

2. Answer honestly, not perfectly.

You don't need to write what sounds insightful or emotionally healthy. Write what is actually true for you.

3. Notice your patterns without judging them.

If you recognize yourself seeking approval, reassurance, or confirmation from others, resist the urge to criticize yourself. These patterns developed for a reason. Your job is simply to notice them.

4. Let yourself pause.

If a question brings up something unexpected, take your time. You can step away and return to the workbook later.

5. Come back to your own voice.

As you work through the exercises, keep asking yourself:

What do I actually think?

What do I actually feel?

What do I need?

What would I choose if I trusted myself?

This workbook isn't about becoming someone who never needs reassurance or connection. It's about developing a stronger relationship with your own self so that you don't need someone else to tell you that your experience is valid before you can believe it yourself.



Your Validation Map

How important is other people's validation to how you feel about yourself?

Rate each area of your life from 1-5.

1 = Not very important, and 5 = Extremely important

Write your answers below.

My relationships:

Being liked:

My appearance:

My career:

My accomplishments:

Being needed:

Being perceived as a good person:

Being right:

Social approval:

Being chosen:

Being understood:

Answer the prompt below.

My three biggest sources of external validation are:

- 1.
- 2.
- 3.

What Happens When I Don't Get It?

When answering the prompt below, consider each major area of your life.

For instance, in your health, career, relationships; family, romantic, friendships, and especially in your relationship with yourself.

When I don't receive validation here, I tend to...

- ☐ Overthink
- ☐ Seek reassurance
- ☐ People-please
- ☐ Become defensive
- ☐ Withdraw
- ☐ Try harder
- ☐ Question myself
- ☐ Change my behavior
- ☐ Feel rejected
- ☐ Become angry
- ☐ Other: _____

What does the absence of validation make me believe about myself?

Use the space below for any additional thoughts that may come up for you.

What Am I Actually Looking For?

Let's dig a little deeper; sometimes a need might be disguised as something else.

For example:

"I want them to text me back."

Maybe underneath that is:

"I want to know I'm important.", or

"I want them to approve of my decision."

Maybe:

"I want to know I can trust myself."

"I want them to choose me."

Maybe:

"I want proof that I'm worthy."

Now it's your turn, take a look at a time when you wanted validation and think about it further. Reflect on the prompt below:

When I want validation, I'm usually hoping it will make me feel...

- ☐ Worthy
- ☐ Loved
- ☐ Safe
- ☐ Good enough
- ☐ Important
- ☐ Accepted
- ☐ Attractive
- ☐ Successful
- ☐ Like I belong
- ☐ Certain
- ☐ Other: _____

The feeling I'm really looking for is: _____

What Can I Give Myself?

Now that we've spent some time in discovery, let's practice validating ourselves a little further.

For each need:

What am I hoping someone else will give me?

How might I begin giving some of that to myself?

I want to feel...

Worthy

Capable

Safe

Accepted

Certain

Loved

I can practice...

Recognizing my own inherent worth

Keeping promises to myself

Creating internal and external boundaries

Allowing myself to be who I actually am

Trusting myself to handle uncertainty

Treating myself with care and compassion

Notes:

Building Your Internal Validation

I can validate myself by...

Acknowledging what I feel

"I feel _____, and it makes sense because _____."

Acknowledging what I know

"What I know right now is _____."

Acknowledging my choices

"I made this decision because _____."

Acknowledging my effort

"Something I am proud of myself for is _____."

Acknowledging my growth

"Something I handle differently now is _____."

Notes:

My Validation Plan

When I notice myself looking outside of myself for validation:

- 1. I'll pause.**
- 2. I'll ask myself what I'm feeling.**
- 3. I'll identify what I'm hoping someone else will give me.**
- 4. I'll ask what I already know.**
- 5. I'll decide whether I actually need outside input - or whether I'm looking for reassurance.**
- 6. I'll practice giving myself the validation I'm seeking.**

My reminder to myself:

"I can receive validation from other people without making it responsible for how I feel about myself."

Notes:

You Are Allowed to Trust Your Own Experience

You don't need someone else to agree with you for what you feel to be real. You don't need permission to have your own perspective, needs, boundaries, or desires.

Self-validation is a practice. The more you listen to yourself, acknowledge your experience, and trust what you discover, the less dependent you become on someone else to tell you that you're okay. And you don't have to do that work alone.

Stay Connected with Rosie

Rosie Reflections is a twice-monthly invitation to slow down, look inward, and keep returning to yourself. You'll receive reflections, practical tools, and new resources from *Rosie in a New Light* to support you on your journey toward greater self-trust and emotional awareness.

Join the Rosie Reflections Newsletter

Ready to Go Explore Further?

If you're beginning to recognize how deeply the need for external validation has shaped your relationships, decisions, or relationship with yourself, coaching can help you explore those patterns more deeply.

Through coaching, we'll work together to uncover the patterns that keep you looking outside yourself for answers - and help you build a stronger, more trusting relationship with the person whose voice matters most:

yourself.

Explore Coaching with Rosie by sending an email to rosietheblog@gmail.com

You are allowed to trust yourself. You are allowed to believe your own experience. And you are allowed to come back to yourself.



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