

Do You Have a Minute?

Emotional Awareness

The act of being able to recognize and predict _____ in yourself and others.

Emotional Intelligence

A skill that allows you to _____ in life by understanding your emotions, being able to _____ your emotions, and being able to _____ to what others are feeling.

Self-Validation

The act of accepting our own _____, including our thoughts and feelings.

Emotional Validation

The process of learning about, understanding, and _____ emotional experience.

Notes

Words of Affirmation

a positive statement

Structure of an Emotionally Validating Conversation

Validating Statements



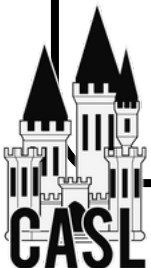
Join us in Ontario for our 2024 CASL State Conference!

MS - April 11-13 • HS - April 13-15

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Want to Learn More?

Check Out These Resources!

Learn more about self validation:

- <https://psychcentral.com/blog/imperfect/2019/11/why-its-so-important-to-validate-yourself-and-how-to-start>

Learn more about emotional validation:

- <https://www.verywellmind.com/what-is-emotional-validation-425336>
- <https://www.mcleanhospital.org/video/what-validation-and-why-it-so-important>

7 Habits of Highly Effective Teens:

- <https://icrrd.com/media/16-05-2021-0452597-Habits-of-Highly-Effective-Teens.pdf>