



Firefly Counseling NC

Community, Creativity, Education, Empowerment

Validation Plus Facts

Dialectics is the skill of learning that two opposites can coexist at the same time. For example

We can be joyful over a memory while sad during the memories of the loss of someone.
We can experience joy over a yummy breakfast and anger over a flat tire in the same day.
We can be happy it's raining for our plants and angry we had to cancel our plans.
Your example:

When we join the two opposites with the word **"and"** this helps us practice acceptance. When using the word "but," it can cause feelings of justification, competition, or dread. An option with this skill is called Validation Plus Facts. Using the concept of Dialectics, this skill can help us ground when feelings are intense or thoughts feel like they are spiraling. (Dialectics is a Dialectical Behavioral Theory skill.) For example:

"I feel alone, and I know my friends love me."
"I am so angry, and I know this is not permanent."
"Today feels awful, and it doesn't mean my life is awful."
"I feel like I'm nothing, and I know this moment is not all I am."

Validation Plus Facts helps us to practice acceptance and not to fall into toxic positivity which promotes suppression. Validation helps us recognize and label our thoughts or feeling, and facts helps us to remember truth and that life is not all or nothing, perfect or terrible, pass or fail.

1. Write down your thought or your feeling.
2. Join by the word "and."
3. Add a fact to the thought or the feeling to bring balance. The fact is to prevent pass fail thinking, intensifying emotions, thoughts from spiraling, or shutting down.

THOUGHT/FEELING	AND	FACT
	and	

THOUGHT/FEELING	AND	FACT
	and	
	and	
	and	

Adaptation of Dialects called Validation Plus Facts created by Cynthia McSwain, LCMHC:
www.fireflycounselingnc.com