

SELF-VALIDATION

Self-validation is the process of assessing and accepting your internal process of beliefs, thoughts and feelings to keep your motivation and self-worth. You might find it easy to validate others but hard to self-validate. If you suffer from imposter syndrome, self-sabotage, self-doubts or self-defeating beliefs you won't be able to recognise self-validation.

The key characteristics of people with self-validation:

- Know how their internal process works; the beliefs, thoughts and feelings
- Understand their emotions and know how to regulate them
- Know their true nature and identity
- Able to sense their immediate surroundings and its affect on them
- Able to assess how they feel and what form the required action
- Able to sense the environment and exercise self-control
- Able to make peace with their past events though they don't approve them
- Does accurate self-reflection & acknowledge their internal mental state
- Knows badly reacting to some situations won't make them a bad person
- Beliefs in what the self is capable of achieving
- Will not be swayed away by other's judgment
- Able to acknowledge and validate every feeling they experience
- Able to acknowledge own strengths, aptitudes and efforts
- Encourages self in achieving progress
- Able to prioritise own needs and wants
- Will treat self with love and kindness
- Talk nice things about self with compassion
- Able to accept own limitations and mistakes
- Will never rationalise but reason out any issues caused
- Knows feeling negative is not being negative
- Able to give self-praise and will not wait for other's validation
- Knows not everyone likes them and that is okay as they like themselves
- Knows every accomplishment small and big and feels proud
- They genuinely like and accept themselves with all the shortcomings
- They take charge of their life and never depend on others for happiness
- They are mindful of their emotions and actions



KEY WORDS EXPLAINED:

Validation: is the understanding and acceptance of the worth and value of someone or their actions, especially their feelings.

Imposter syndrome is the persistent feeling of inadequacy despite the evidence of success.

Self-Sabotage: It is your beliefs that stop you from progressive actions that you want to do in life.

Mindfulness: is the ability of a person to focus on the awareness of the present moment, especially the feelings



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