

About Self Validation

Today's podcast is about self validation.

Everyone needs validation. It's simply a built in human need that God gave us all.

For those of us who survived narcissistic abuse, invalidation was a way of life, so it's only natural that we crave validation more than the average person. We want to be heard & understood for a change! The problem with this is so many people don't offer us the validation we crave. Instead, they make excuses for the narcissist, don't want to listen to our stories or tell us things like we're just angry, we need to let it go or other similar heartless comments.

You also can't count on gaining validation from your abuser. It is the extremely rare abusive person who goes to a victim, admits that what they did was wrong, ask for forgiveness & makes appropriate changes in their behavior. Sure, some do apologize at some point, but their failure to change their behavior & either accept full responsibility or to fail to stop blaming others for their behavior proves that they aren't being genuine. The abusive behavior will continue & they don't care about the pain & suffering they caused victims. They only apologize as an attempt to pacify a victim, not because they want to improve the relationship.

Situations like these are a very good reminder that you can't rely on getting all the validation you need from outside sources. People are flawed, & they will fail to give you the validation you want & need sometimes. You have to learn to validate yourself instead of relying on others, which is where your healing truly begins.

As always I recommend starting this with prayer. Ask God to help you to learn how to validate yourself, rely less on validation from outside sources & even to give you validation.

You also need to accept the fact people won't always give you the validation you need. Remind yourself often that people aren't perfect, & they will fail you sometimes. It's just a part of life. It doesn't mean they don't care or they don't love you. They are simply flawed human beings like every single other human being.

You need to accept that your abuser won't accept responsibility for the pain he or she caused you either. That type of validation most likely never will happen. You know what happened, & that truly is good enough. Even if no one else believes you, it really can be enough when you know the truth.

What people often refer to as feeling sorry for yourself is what I think of as showing yourself compassion, & it's something you need to do. You have been through some pretty bad things, & it's ok to admit that both to others & to yourself. Stop minimizing your experiences & your pain! You're only invalidating yourself by doing that!

Never compare your situation to others. Doing so often leads to thoughts like, "Well that person had it way worse than me. I shouldn't complain." That is so wrong & also very self invalidating! Don't do it! Trauma is trauma. So what if someone went through worse things than you did? You went through much worse than someone else did, too. Does any of that make any difference? You need to focus on your situation & ways to heal, not whether it's better or worse than other people's situations.

Stop judging your feelings, too. After abuse, it's only natural to be angry or sad sometimes. It's natural to have ruminating thoughts about certain especially painful situations or to wonder why the abuser did what they did to you. Don't criticize yourself for thinking these things. Accept that they're just a normal part of the healing journey.

With a little time & practice, you can learn to be your own best "validator." You won't regret learning this skill. In fact, I'm certain you'll be glad you did!

Thank you for listening to my podcast!