**E5: Self-Validation**

**LEVEL 1:**

1. Acknowledging what I feel:

2. Statements that will help me allow to feel the emotion:

3. The reasons I am feeling this way right now (understanding):

**LEVEL 2 (WORKING ON A PAST EVENT):**

1. Naming the emotion I felt in this situation (acknowledging):

2. Statements I would've used to allow myself to feel the emotion:

3. The reasons I was feeling that way (understanding):

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