

How to Validate Her Feelings When It Doesn't Come Naturally – Checklist

A quick field reference for the moment she brings you a feeling instead of a problem.

Before You Start

- ☐ Remind yourself: she's handing you a feeling, not a problem.
- ☐ Take one breath before you respond.
- ☐ Set the fix aside for now. It can wait.

What To Watch For

- ☐ Her voice tightens or she repeats herself.
- ☐ She says "you don't get it" or goes quiet mid-sentence.
- ☐ You notice yourself already building a solution in your head.

What To Say

- ☐ See it: describe what you notice, plainly.
- ☐ Name it: guess the feeling, tentatively.
- ☐ Normalize it: say why the feeling makes sense.

What Not To Do

- ☐ Don't attach a "but" to your validation.
- ☐ Don't offer a fix before naming the feeling.
- ☐ Don't repeat her words back in a flat, checklist tone.
- ☐ Don't use validation just to end the conversation faster.

Repair Move

If she says you sound scripted, drop the formula out loud: "That came out wrong, let me just say it straight." Then say what you think she's feeling in your own words.

Success Check

- ☐ She keeps talking instead of repeating herself louder.
- ☐ She softens physically: unclenched arms, a slower breath, sitting closer.