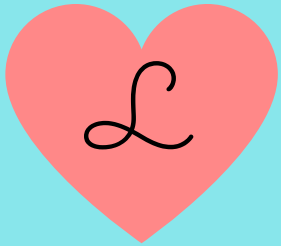


# Validating Your Partner



**Acknowledge your partner's feelings about the situation.**



**Listen carefully to what your partner is trying to express.**



**Physically and emotionally - remain present with your partner.**



**Have patience while your partner talks and refuse to interrupt or think ahead.**



**Accept what your partner says as truth for him or her.**

**Painful feelings that are expressed, acknowledged, and validated by a trusted listener will cause the pain to diminish. Painful feelings that are ignored will gain strength. In Marriage, it is extremely important that each partner continues to validate the other. While it can be difficult to do so when discussing difficult or painful topics, validating one another will bring a sense of security and refreshment to the marriage. Throughout the next week, seek out instances in which you have the opportunity to value your partner.**