

THE BRAVE ONE JOURNEY

Validate - Step 1

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● Validate - What Does it _____?

- Recognized.
- _____.
- Affirmed that our feelings, experiences, or _____ are valid and worthy of being heard and considered.

● What Do We _____ Most?

- To be Seen
- _____
- And Known

● First things first - Like a Hospital ICU "I See You"

Instead of something is _____ with you, something wrong _____ to you.

- We feel crazy
- _____
- Unsure of ourselves
- Criticized and _____
- People say, "get over it"
- Like we've somehow _____
- "Aren't you glad you found out now?"

● _____ - We've been decimated!!



DR. SHERI



● **You're Here in Our BraveOne Community** _____

● **Importance of Your** _____

● **Need to be Stabilized and Our Story Validated**

How can that be _____ done in our BraveOne Community?

● **Shame Makes Us Want to Hide - Don't Get the Help We** _____

- I'm NEVER good enough
- Something's _____ with me
- I'm alone, unworthy of connection

● **3 Things that Grow SHAME** - National Shame Researcher Brené Brown

- _____
- Silence
- _____

● **So What's the Antidote to** _____

Empathy Provides a Hostile Environment for SHAME – Brené Brown on Empathy

- You're _____ alone.
- I know...me too.
- I'm _____, validated, and safe.

"I don't have to scream anymore." "I feel warm and blanketed."



● 5 Steps for Safe _____

1. Give others safe & breathable room to grow
2. Listen to _____
3. Don't _____ someone else's situation

"Your husband is a narcissist or sex-addict, etc."

- Sometimes hearing someone else's story can be _____.
 - It can remind us of a place we've been that was REALLY painful.
 - It can prompt feelings of where we are _____.
 - If we have a spouse who most often sits on the _____ seat, we grew up with a parent who was on the victim seat, or we've been on the victim seat too long...and we sense someone is there, we might want to be a _____ trying to save them.
4. Keep your _____, your story. Relate without projection or correction. Instead, be vulnerable. Share what you're feeling (scared, concerned)
 5. Empathy – get in touch with what they might be experiencing. Put their shoes on your feet before sharing anything.
 6. Best practices for _____
 - Listen with compassion
 - Gut check - find your _____, share that ("sounds so difficult," or feelings like "sad," "happy," or "encouraged")
 - Be _____
 - Relate, share a piece of your story without it becoming all about you
 - Offer helpful _____ or thoughtful questions
 - Affirm the good in each other

B1



● **Comfort _____ - Try to Avoid the "Penalty Box"**

- Fixing
- _____
- Controlling
- _____
- Blaming
- _____
- Defending

● **The B1C is a Safe Community to Be _____**

● **What Does It _____ to be Heard?**

● **The Intentional Ask**

_____ Elements of an Intentional Ask

1. **Be as _____ as a Bell**

- a. "I need to sleep in a different bed right now. With the recent discovery of your affair, I need some space to sort out my feelings."
- b. "It's important that we're both tested for sexually transmitted diseases. I need to be assured that I'm sexually safe and healthy. I would like to see the results of the tests."
- c. "I need to get clarity on your recovery by asking a question about your sexual sobriety. [For the best outcome, offer 'Can I ask you a question?' Pause and wait for a yes]. When is the last time you looked at porn or sexually acted out in any way?"

2. **Adjust the _____ Pressure**

- a. **IV Drip** - too little pressure - we're alive but we hate asking
- b. **Leaky Faucet** - we ask, ask, ask, ask - sharing or _____
- c. **Fire Hose** - too much pressure - angry demands, lengthy explanations

3. _____ **a Picture**

- a. An intentional ask includes painting a picture of what your request looks like.
- b. What do you need and when will it start?
- c. How often would you like something to occur, especially in cases when STD testing or polygraph's are being considered?
- d. What will happen if there is a boundary violation?

Some women find _____ in stating a clear consequence, while others appreciate laying out a range of options should the boundary be violated. Creating a flexible plan gives us options to _____ from.

4. **Let's Make a _____**

- a. Ask when they would have five to ten minutes to talk, then stay within that time frame.
- b. Simply ask for what you need. Let them know what it will provide: peace of mind, safety, comfort, help in repairing trust.
- c. Finish with the question, "Is there anything you need from me to provide what I'm asking for?"
- d. Give them time to think about the last question. It's a powerful invitation. You're asking for collaboration and buy-in. You're saying, "Is there anything I can do to help you help me?"

5. To Tell the Truth

a. What if you've _____ asked for what you want or need and your spouse says no?

● Building a Portable Medical _____

- Resuscitation mask. Breathe, breathe, and breathe.
- A warm voice and people you can _____.
- Call a friend who _____ you and talk through what's happening.
- Emergency blanket* - Comfort is _____. A soft blanket, hugging your pet, a hot shower, a piece of dark chocolate, or taking a nap. "
- Scheduling an appointment with your counselor can help you look at what's come to the surface. This can be a safe place to _____ the underlying traumas as well.

● Four Elements Exercise to Get Your Brain and _____ Back Online

Self-Care - 4 Elements Exercise

1. Earth
2. Water
3. Air
4. Fire

● What Does it Mean to be _____?

- To be loved but not known is comforting but superficial.
- To be known but not loved is our greatest fear.
- _____ to not be known or loved.
- To be loved and known (really known), warts and all, is what we long for. It's what we need more than anything.
- Especially with everything that's being _____ our way.



● Who cares for you in that way?

- A dear friend?
- _____?
- A family member?
- Your dog or cat?
- A _____?
- Where do you feel most safe?



● Battle of Valley _____

BraveOne BOOSTERS

● Take a moment to journal your answers to these prompts

- Can you recall a time when you felt validated? (Recognized, believed, affirmed, seen, heard, or known) When was it and how did it make you feel?
- What's one request you can start to work on using the steps of the Intentional Ask?
- Take a moment to list some things you can put in your Portable Medical Toolbox.
- Write about one "Aha!" moment you had during this talk.

