

Validation + Compliment Scripts

Say what you mean—without shutting down or sounding fake

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Why This Matters

We all crave recognition—but few of us were taught how to give it. We want to be seen, but not pitied. Heard, but not fixed. Admired, but not made to feel like a performance. These scripts help you name the real, soften the defenses, and offer words that actually land.

Validation Scripts

For when someone needs to feel understood and not judged.

1. Emotional Acknowledgment

- “That makes so much sense, especially given what you’ve been carrying.”
- “I can see why that would feel overwhelming.”
- “You don’t sound crazy at all—your reaction feels human.”
- “It’s okay that this is hard. It doesn’t mean anything’s wrong with you.”

2. Past Experience Validation

- “You didn’t imagine it. That really happened.”
- “No wonder you learned to do that—it was a way to protect yourself.”
- “What you went through deserves more space than it ever got.”

3. Present Struggle Validation

- “You’re not failing. You’re responding to something that’s never been easy.”
- “It’s okay to need time. There’s no timeline for healing.”
- “This is your nervous system doing its best to keep you safe—not a personal flaw.”

🌸 Compliment Scripts

For when you want to uplift someone without performance pressure.

1. Character-Based Compliments

- “You’re deeply thoughtful in a way most people miss.”
- “I admire how you stay kind even when things are hard.”
- “You bring a grounded presence that makes people feel safe.”

2. Process-Oriented Compliments

- “I noticed how much effort you put into that—and it really showed.”
- “You stayed with it even when it was uncomfortable. That’s rare.”
- “You’re not just talented. You’re intentional. That’s what makes it special.”

3. Relationship-Strengthening Compliments

- “Being around you makes it easier to be myself.”
- “You don’t just listen—you really **get** people.”
- “You make this space feel like home, just by being in it.”

When You’re the One Who Struggles to Receive Compliments

Try responding with one of these:

- “Thank you. That means a lot to hear.”
- “I’m working on letting compliments land—so I appreciate you saying that.”
- “That’s hard for me to take in, but I want to try. Thank you.”

💎 Tiny Reminders

- You don’t need the perfect words—only the **real** ones.
- Validation doesn’t fix pain. It makes pain feel **less alone.**
- A compliment is a gift, not a transaction.

☑ Designed For:

- Therapists and coaches to use in sessions
- Couples and families learning better communication
- Individuals trying to speak with more intention and warmth