RISHI COACHES

Practical support for parents and teenagers

RCI Reg. No. A126278
ESTIMATED TIME: 15 MIN

RELATIONSHIPS & FAMILY - EMOTION-FOCUSED & DBT SKILLS

The 3-Step Emotional Validation Script

De-escalate teen emotional meltdowns by validating feelings before offering solutions.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: _____ **Date:** _____ **Target: 15m**

1 RESIST THE 'FIX-IT' URGE

When your teen vents about a bad grade, friend drama, or pressure, bite your tongue. Do not give advice or say 'It is not a big deal.'

PRACTICAL TIP: Giving advice too early communicates: 'Your feelings are inconvenient to me.'

2 NAME THE UNDERLYING EMOTION ACCURATELY

Say: 'That sounds exhausting. You worked really hard and felt let down' or 'You are feeling betrayed because you trusted them.'

PRACTICAL TIP: Naming a feeling may help you notice what is happening. It is okay if you are unsure which word fits.

3 NORMALIZE THE STRUGGLE IN CONTEXT

Say: 'Anyone in your position would feel hurt after that happened. It makes total sense why you are upset right now.'

PRACTICAL TIP: Validation does not mean you endorse bad behavior; it means you see their pain.

4 THE COLLABORATIVE SUPPORT ASK

Only after their shoulders drop, ask: 'Do you want me to just listen and give you a hug, or do you want to brainstorm solutions together?'

PRACTICAL TIP: Empower your teen to choose between comfort and problem-solving.