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Peer Group Chat Summary

Date: 22.02.2024

Topic: Taking A Stand Against Invalidation

Description: Invalidation can happen when someone's experiences are judged as invalid or incorrect, are misrepresented, rejected, ignored or dismissed. Join us to discuss our thoughts and experiences with invalidation and its impacts, and how we can take a stand against further or future invalidation.

Summary of discussion:

- What invalidation may look like and how it might affect us
 - When our experiences, feelings, or thoughts are actively dismissed.
 - Feeling misunderstood, ignored, or not heard.
 - Some of our experiences may have certainly come from our own mental health or physical journeys which may look different for everyone!
 - We may shut down when we experience invalidation, and we might feel quite disconnected, ignored, and might even regret saying anything in the first place as our opinions or experiences have not been handled with care by others.
- Empowering ourselves after an experience of invalidation
 - Reaffirming how we truly feel and not listening to others' opinions of our experiences might help us to empower ourselves after feeling invalidated
- Validation and how we might be able to validate ourselves
 - We can take a stand against invalidation by backing ourselves and standing strong in our opinions and feelings, and remembering that no one can tell us how to feel or what we should be thinking.
 - We might feel more validated when we are listened to or asked specifically about our experiences and it can instantly make us feel better or change our mindset, as well as reducing negative thinking.

Discussion questions

Q1: What does invalidation mean and look like for you?

Q2: What has been your experience with invalidation?

Q3: What is your initial reaction if you feel invalidated and how do you later respond?

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Q4: How might we be able to empower ourselves after feeling invalidated?

Q5: How might we be able to take a stand against invalidation?

Q6: What might it look and/or feel like to be validated?

Q7: How can you validate yourself?

Resources

These are the resources that were shared during the session:

1. Mastering the art of responding to invalidation: <https://www.grouporttherapy.com/blog/how-to-respond-to-invalidation>
2. Validation Podcast: <https://www.youtube.com/watch?v=l2JNTkVR668>
3. Recovering from invalidation: <https://eymtherapy.com/wp-content/uploads/2019/12/recoveringfrominvalidation1.pdf>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Taking-A-Stand-Against-Invalidation-Thursday/m-p/1466572/highlight/true#M369697>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.