

VALIDATION TRACKING

Worksheet



For two days, rate and note every response you have towards each other. To do this well, you'll need to sit down about once an hour and think about your interactions during that hour for those times you are interacting. Rate your interactions on a scale of 1 to 5:

"1" is a wonderful interaction that validated you or your partner.

"5" is an interaction that completely invalidated one of you.

Any time you have an interaction - good or bad - write it down.

Track your own behavior as well as your spouse's. This goes both ways.

Automatic "5"s include:

- Criticism
- Contempt
- Stonewalling
- Sarcasm
- Defensiveness
- Criticism masked as "help"

Paying no attention (for whatever reason) should also be noted in the poorer end of the spectrum (you can figure out later if it was due to the ADHD symptom of distraction or an intentional put down).

At the end of the experiment, find some time to sit down together and talk about what you've discovered.

There may be patterns, such as a non-ADHD spouse being particularly critical around a subject such as not getting enough attention.

It's likely that many of your invalidating actions are centered around ADHD symptom responses.

There may be areas of strength that you need to note, as well.

My hope is that this exercise will do three things for you:

1. Make you more aware of the frequency of this destructive behavior so you can diminish its presence in your lives
2. Get you thinking about better, more validating, ways to respond in these same situations in the future.
3. Help you decide to reinforce existing validating interactions

You may find this exercise a bit depressing, but the first step in changing behaviours is identifying them

SOURCE: The ADHD Effect on Marriage by Melissa Orlov

TIME	DAY 1 Scale 1-5	Incident	Day 2 Scale 1-5	Incident
Example	5	Sarcastic reply to my question	1	Was considerate when I asked for clarification.
9am				
10am				
11am				
12pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				