



SHIFTED SIGHT

FAITH-BASED MARRIAGE RECOVERY

FREE GUIDE · THE RESPONSIBLE PARTNER

Validating Feelings in *Marriage Recovery*

The five-step sequence for staying safe, steady, and present in the moments your spouse is triggered, scared, or asking the same question again.

Same body in. Different person out.

SHIFTEDSIGHT.COM

START HERE

Validation is the bridge from chaos to safety.

When trust has been damaged, validation becomes the bridge between emotional chaos and emotional safety. It is not agreement. It is not self-condemnation. It is not fixing the emotion. It is one steady message your spouse can finally feel.

"Your feelings make sense given what you have experienced, and I am safe enough to sit with them."

Most people who have caused the wound try to win recovery with calm date nights and good intentions. That is not where it is won. Recovery is won in the hard moments: when your spouse is angry, suspicious, afraid, or asking the same question for the twentieth time. In those moments you do not freestyle. You follow a sequence.

This guide is meant to be followed in order. Skipping steps breaks safety.

Rejoice with those who rejoice, weep with those who weep.

ROMANS 12:15

1

IDENTIFY THE FEELING

Name it before you defend it.

Before you explain, before you correct the story, before you say that is not what happened, figure out what they are feeling. If you know the feeling, name it. If you are not sure, ask. People calm down faster when they feel understood than when they feel corrected.

- *It sounds like you are feeling scared right now.*
- *Are you feeling hurt, scared, or both?*
- *Help me understand what emotion is coming up for you.*

2

COMMUNICATE UNDERSTANDING

Validation is not agreement.

This is where most people fail. They hear validation and think it means agreeing with every conclusion. It does not. Validation has empathy for the experience without surrendering the facts. You do not have to agree with where their mind went. You do need to understand the pain that put it there.

- *Given what you have been through, I understand why you would feel that way.*
- *I can see why this would bring fear up for you.*
- *I understand why trust is hard right now.*

3

APOLOGIZE FOR THE IMPACT

Own what it did, not why you did it.

This is not about intent. It is about impact. Stop explaining why it happened. Own what it created. An apology that defends itself is not an apology, it is a closing argument.

- *I am sorry my choices created this fear for you.*
- *I am sorry my actions put you in this position.*
- *You did not deserve to carry this because of me.*

4

REASSURE THROUGH ACTION

Not promises. Plans.

Reassurance has to address the fear underneath the feeling. Be specific. Words calm a person for a moment. Actions calm a person for months. Do not say trust me. Show the proof.

- *I know this fear is about trust. Here is what I am doing to protect it.*
- *Here is the plan moving forward so you are not left guessing.*
- *Here is what accountability looks like from here.*

5

TRANSPARENCY BEFORE IT HAPPENS

Tell them before, never after.

After betrayal, surprises feel dangerous. Fear intensifies when a person feels blindsided. Transparency restores agency to the one who was hurt. If a plan changes, they hear it from you first. They never have to discover it. Transparency is not control. Transparency is safety.

- *If anything about this plan changes, I will tell you before it happens.*
- *You will not have to find out after the fact.*
- *Surprises are unsafe right now, so I will communicate early.*

WHAT VALIDATION IS NOT

It is not

- × Minimizing the pain
- × Rushing the healing
- × Asking them to manage your discomfort
- × Demanding forgiveness

It is

- ✓ Letting their feelings be seen
- ✓ Leaning in with structure
- ✓ Safety built before anything is fixed
- ✓ Presence instead of defensiveness

"You do not have to fight for your feelings to be seen here."



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THE NEXT STEP

You learned the sequence. *Now let us help you live it.*

Reading the steps is the easy part. Staying steady when defending yourself feels safer than staying present is the work. You do not have to do that work alone, and you do not have to figure it out by trial and error on the person you hurt.

01 **Safe Again: The Interactive Workbook** \$17

The complete Validation Sequence with deeper teaching, word for word scripts, and a 14-day practice log to actually live it. The natural next step after this guide.

02 **1:1 Coaching with Coach Bear**

Direct accountability from a coach who nearly lost his own marriage and rebuilt it. Real feedback on your real conversations.

03 **The Recovery Room** \$97 / month

A community of people doing the same hard work, with biweekly group coaching and a place to be honest without being alone.

Start at shiftedsight.com

Shifted Sight is a faith-based marriage recovery platform founded by **Coach Sid (Sidni Raphael)**. This guide was created by **Coach Bear**, co-owner and coach, who teaches from lived experience of causing harm and rebuilding through faith, accountability, and hard work.

Trust is not rebuilt when life is calm. It is rebuilt in the moments it would be easier to protect yourself than protect the relationship.