

You don't have to understand someone else's experience to believe it.

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SUMMARY

The discussion emphasizes the importance of believing and validating children's feelings, even when they differ from our own experiences. It highlights the need to foster trust and open communication, which can help children develop a sense of consent and self-awareness.

- *Validating a child's feelings is crucial, even if they seem far removed from our own experiences.*
- *Building trust allows children to feel secure in expressing their emotions.*
- *It's important to recognize that different realities can coexist between parents and children.*
- *Invalidating someone's experience can lead to negative outcomes, while belief fosters understanding.*
- *The conversation around consent can be expanded to include emotional validation and trust-building.*
- *Encouraging children to listen to their own voices is vital for their emotional development.*
- *Seeking support from others can help parents navigate feelings of frustration and confusion.*

You don't have to understand someone else's experience to believe it. So, one of the things I love is that we've broadened the conversation. I find it a lot more hopeful because we can see so many other areas of our kids' life where we can build the circuitry for consent because we see it's actually really about developing trust that you really do feel the way you feel and that you can trust that you can listen to your own voice.

My kid is saying that they're feeling a certain way. That feels so far from even being possibly true because I don't feel anywhere near the way they're feeling. I understand that they are also very frustrating moments because it feels like your kid and you have these completely different realities and you just need someone else to look at you and be like, "No, no, you're not crazy. I see what's happening." And the other thing I want to say is it's not dangerous to believe someone else's experience. I think we all think, "Oh, then this is going to happen. This we make up these stories." I promise you the worst scenarios happen when you invalidate someone's experience.