



# THE RECLAIMING LETTER GUIDE

**5 STEPS**  
TO STOP  
SEEKING VALIDATION

**And Start  
Honoring Your Truth**

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# THE 5 STEPS TO STOP SEEKING VALIDATION RECLAIMING LETTER GUIDE And Start Honoring Your Truth

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## BEFORE YOU BEGIN



Listen to Episode #47 of the **Together Moving Forward Podcast**:

**“How Letting Go of Validation Changed My LGBTQ Identity, Pride, and Healing.”**

 Available on [YouTube](#), [Apple Podcasts](#), [Spotify](#), and [Amazon Music](#).

In that episode, I read my full reclaiming letter and explain how it changed my relationship with myself.

You are not alone in this process.

And you are stronger than you think.

**This letter is not about revenge.  
It is not about proving anything.  
It is not about convincing anyone.**

This letter is about reclaiming yourself.

You are not writing to change the past.  
You are writing to change your relationship with it.

Do this exercise when:

- You feel emotionally safe
- You are not in a crisis state
- You can pause if needed
- You are willing to be honest with yourself

**Take your time.  
There is no deadline.**



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# STEP 1

## ADDRESS IT TO “YOU” (IN GENERAL)

Do not write it to a specific person.  
Do not use names.

**Write it to “you” in general.**

### Why?

Because this letter is not confrontation.  
It is liberation.

When you keep it general:

- You stay focused on your truth
- You avoid spiraling into argument
- You protect your emotional regulation

Example opening lines:

“This is for those who chose not to hear me.”  
“This is for anyone who minimized what happened.”  
“This is for the silence I was forced into.”

**Keep it broad.**  
**Keep it centered on you.**



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# STEP 2

## STATE WHAT HAPPENED

Without minimizing.  
Without exaggerating.  
Without explaining it away.

**Just tell the truth.**

You might write:

"This happened to me."  
"I was not protected."  
"I was silenced."  
"I was told my identity was wrong."

**Be factual.**

**Be grounded.**

**Stay in your own experience.**

**This step helps you stop gaslighting yourself.**



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# STEP 3

## NAME THE IMPACT

### How did it affect you?

Emotionally.  
Mentally.  
Physically.  
Relationally.

You might write:

"It made me question my worth."  
"It created shame that wasn't mine."  
"It made me afraid to exist fully."  
"It changed how I saw myself."

**This step creates awareness.**

**You cannot heal what you refuse to name.**



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# STEP 4

## RELEASE WHAT IS NOT YOURS

**This is where the shift begins.**

You begin separating:

**What happened to you  
from  
Who you are**

You might write:

"I no longer carry shame that is not mine."  
"I release the guilt that never belonged to me."  
"I refuse to doubt my own reality."  
"I stop seeking validation from those who cannot give it."

**This is not denial.**

**This is dignity.**



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# STEP 5

## DECLARE WHAT YOU CHOOSE NOW

**This is the most important step.**

**You move from survival  
to self-respect.**

You might write:

"I choose to honor myself."

"I choose healing."

"I choose dignity."

"I choose to protect my peace."

"I choose me."

**This is where pride begins.**





**AFTER  
YOU WRITE  
THE LETTER**

**PAUSE.  
BREATHE.  
NOTICE HOW YOU FEEL.**

**You may feel:**

- Emotional
- Lighter
- Relieved
- Grounded

**All of it is valid.**

**Now you decide what to do with the letter:**

- Keep it somewhere safe
- Re-read it when doubt returns
- Rewrite it as you grow
- Use it when old validation-seeking patterns show up

**This letter is not a one-time exercise.**

**It can evolve as you evolve.**

### **IMPORTANT REMINDERS**

- If emotions feel overwhelming, pause.
- You can revisit this later.
- You are not weak for feeling.
- You are not broken for reacting.
- You survived.

**And survival built resilience.**

