## **TOXIC POSITIVITY**

**VS. A HEALTHIER ALTERNATIVE** 

WE HAVE AN **Experience** 

WE TELL OURSELVES
A STORY
ABOUT IT

WE FEEL WE ACT

**Negative (-) feelings** come from **(-) experiences** and/or the **(-) stories** we tell ourselves about those experiences.

**TOXIC POSITIVITY =** 

Using **positivity** to **reject**, **cover up**, **or suppress** true (-) experiences & feelings.

## **TOXIC POSITIVITY**



"You'll get over it soon."

"It is what it is, so suck it up."

"It could have been worse."

"Stop being such a downer."

"Thinking happy thoughts will fix it."

"Only positive vibes are allowed."

"You are not allowed to fail or quit."

"Just forget it."

## A HEALTHIER ALTERNATIVE



"This has been difficult. You've endured things before. I believe in you & I'm here for you."

"It's okay to struggle sometimes. How can I support you?"

"I can see this really affected you. Would you like to talk about it?"

"It's okay to feel bad right now. Feelings don't have to define us."

"I know this is hard. When you're ready, let's find a way through together."

"Pain & disappointment are real feelings that can help us grow and get stronger."

"Mistakes and failures can help us learn. Quitting can sometimes allow us to focus on something more important or helpful."

"What would you like to take away from this?"