

Toxic Positivity vs. Positive Mindset

Toxic Positivity

- "Failure is not an option."
- "Just keep smiling."
- "It could be worse."
- "Always look on the bright side of life."
- "Good vibes only!"
- "Don't be so negative."
- "Just be happy!"
- "You'll get over it."
- "Everything happens for a reason."
- "Think happy thoughts!"
- "Just be positive!"

Positive Mindset

- "Failure is part of growth"
- "Sometimes we experience bad things. How can I support you?"
- "It can be difficult to see the good in this situation, but we'll make sense of it when we can."
- "It's okay to feel however you feel right now. All feelings are welcome here."
- "I can understand why that was so upsetting. What can we do today that brings you joy?"
- "This is hard. You've done hard things before and I believe in you."

