

## Toxic Positivity

and what to say instead...



Balanced alternative

Just think positive!



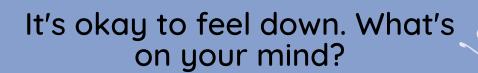
I understand it's tough. How can I support you right now?

Everything happens for a reason.



It's okay not to have all the answers. I'm here to listen.

Look on the bright side.



Just be happy!



Your feelings are valid, I'd be overwhelmed in that situation too.

Failure is not an option.

It's okay to make mistakes. What can I learn from this experience?

Good vibes only!



I'm here for you, we'll get through this together.

You'll get over it soon.



Take your time. I'm here to support you at your own pace.



It could be worse.



That sounds like a tough situation. If you feel like talking about it, I'm here to listen.

