

Toxic Positivity

and what to say instead...

Excessively
positive
statement

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.



It's okay to feel down. What's
on your mind?

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.