

CAN YOU BE TOO OPTIMISTIC?

SPOT TOXIC POSITIVITY WITH THESE 4 CLUES

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KSL Studio 5 Interview

March 1, 2021



Has your positivity turned toxic?

Positivity can easily turn toxic when we use it to hide from more difficult emotions.

TOXIC POSITIVITY IS...

- *Pretending to feel something we don't actually feel*
- *Not allowing real emotions to be expressed or felt*
- *Dismissive & invalidating of our reality*

TOXIC PHRASES...

- *Give an overly simple response to a complex situation*
- *Deny real feeling & don't leave room for pain*
- *Use all or nothing language*

SPOT THE TOXIC...

"Everything happens for a reason!"

Instead say... "Sometimes bad things happen. How can I help?"

"Happiness is a choice!"

Instead say... "It's hard to see the good in this situation isn't it. I'm here for you."

"No use being upset about it!"

Instead say... "It's hard to see the good in this situation isn't it. I'm here for you."

reflections:

Has your positivity turned toxic?

Are you using positivity to hide from difficult emotions?

Are there toxic phrases you're using that you could rephrase?

Notes: