



SUPPORT vs. 'TOXIC POSITIVITY'

WHAT'S THE DIFFERENCE?

Offering someone 'toxic positivity' can often shut down the conversation by making them feel they shouldn't share their 'bad' feelings. Supporting others through validation can let them know that their negative feelings are okay and they are not alone. Review the chart below for examples of validating statements versus toxic positivity. Which statement will have a more effective outcome for the person you are trying to support?

VALIDATION AND HOPE

This is hard. You've done hard things before and I believe in you.

I know there's a lot that could go wrong. What could go right?

All vibes are welcome here.

It's pretty normal to have some negativity in this situation.

It's probably pretty hard to be positive right now. I'm putting out good energy into the world for you.

Sometimes giving up is okay. What is your ideal outcome?

It's never fun to feel like that. Is there something we can do today that you'd enjoy?

It's probably really hard to see any good in this situation. We'll make sense of it together.

TOXIC POSITIVITY

You'll get over it!

Just be positive!

Good vibes only!

Stop being so negative!

Think happy thoughts!

Never give up!

Just be happy!

See the good in everything.

Source: @sitwithwhit



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