

## VALIDATION AND HOPE

## TOXIC POSITIVITY

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

You'll get over it.

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

Just be positive!

All vibes are welcome here.

Good vibes only!

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

Stop being so negative!

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

Think happy thoughts!

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

Never give up!

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

Just be happy!

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

See the good in everything.