

Presented by BU Happiness College

When Positive Thinking Goes Wrong

WWW.BUHAPPINESSCOLLEGE.COM





"Toxic positivity is forced, false positivity. It may sound innocuous on the surface, but when you share something difficult with someone and they insist that you turn it into a positive, what they're really saying is, my comfort is more important than your reality"

-Dr Susan David



What is Toxic Positivity?

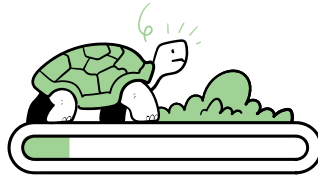
"Toxic positivity is the belief that no matter how dire or difficult a situation is, people should maintain a positive mindset." - **Dr Kendra Cherry**

Toxic Positivity (noun)

The overgeneralization of a happy, optimistic state that results in denial, minimizations and invalidation of the authentic human emotional experience.

Notes

Why is Toxic Positivity So Harmful?



It Limits Growth



It Reduces Trust



It's Isolating



**It Leads to
Emotional Numbing**



**It Leads to
Shame & Guilt**

Notes

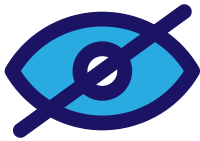
Signs of Toxic Positivity



**Brush Off
Problems**



**Labelling Emotions
as Negative**



**Hide Your
True Feelings**



**Minimising Other
People's Feelings**



**Experiencing Guilt
for Your Feelings**



**A Sense of
Emotional Superiority**

Notes

Toxic Positivity with Others



Instead of

You'll get over it

Don't be so negative

Look on the bright side

Failure is not an option

Think happy thoughts

It could be worse

Giving advice/problem
solving

Try This

Toxic Positivity with Yourself



Instead of

Good vibes only

Crying won't help

Just stay strong

Get yourself together

Judging your emotions

Obsessively finding the
bright side

Other people have it
worse

Try This

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...