

Harmful to Helpful Toxic Positivity Phrases

Toxic Phrase	Instead say:	Then follow up with:
"It's all good!"	I know this is really hard.	I appreciate you sharing this with me.
"Be happy!"	I'm so sorry you are going through this.	I'm here if you'd like to talk.
"Look on the bright side!"	I'm not sure what to say.	I want to help.
"Be positive!"	That's rough. I can understand why you'd feel that way.	How can I help?
"Be grateful!"	That sounds difficult.	How are you, really?
"Good vibes only!"	How are you?	I want you to feel that you can be honest with me.
"It could be worse!"	That is difficult.	Do you want to talk about it?
"Look on the bright side!"	I wish I knew what to say.	What can I do to help?