

# Finding Balanced Thoughts

It is easy to feel overwhelmed with hard thoughts after receiving your child's cancer diagnosis. Sometimes people say unrealistic things like, "everything will be ok!" - sayings like this are called "toxic" positivity for a reason. Instead, there are gentler ways to step back from painful thoughts and find balance.

Difficult Thought	Toxic Positivity	Realistic Reframe
Example: If I had noticed my child's symptoms sooner, we wouldn't be in this horrible mess.	Don't feel guilty! It's not your fault!	Anyone would wish that they could take their child's pain away, and I did nothing wrong.

Balance looks different for everyone. It will likely change for you over time, and that's ok.

