

Finding Balanced Thoughts

It's completely natural to have negative thoughts about your situation - it sucks! At the same time, finding ways to think about your experiences that are empowering is important for healthy coping. That doesn't mean you need "toxic positivity" - you don't need to pretend your life is rainbows and sunshine. See if the examples here can help you find balance.

Difficult Thought	Toxic Positivity	Realistic Reframe
Example: My friends are gonna get so sick of me being tired all the time.	If someone is bothered by me being tired, I don't need them anyway!	These changes are hard on me and the people I love, and we can still find ways to connect.

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