

# Finding Balanced Thoughts

It's completely natural to have negative thoughts about your situation - it stinks! At the same time, finding empowering ways to think about your experience is important. 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: Cancer has destroyed my life, and things will never change.	I should be strong and grateful for the things I still have.	This is one of the hardest things someone could go through, and there is still hope to be found.

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