



TOXIC POSITIVITY

**HOW TO STOP IGNORING YOUR FEELINGS IN A WORLD
OBSESSED WITH POSITIVITY**

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Introduction



“Don’t worry, everything will be all right.”

“You’re so capable. You’ve got this!”

“A positive attitude changes everything!”

“Other people have it worse.”

It's great to have supportive friends and family. We all need people who work hard to bring us up when feeling down. The kind of people who are quick to point out when our attitude needs adjusting and who are there to remind you a smile and a happy heart will get you exactly where you want to go in life.

Right?

Usually - yes. Sometimes, though - maybe not.

In this book, you will learn what happens when a cheerful attitude becomes harmful.

While a positive mindset is a good thing, failing to acknowledge your own (and other people's) negative emotions altogether can actually start doing some serious damage both emotionally and mentally.

This overwhelming positivity is commonly referred to as "toxic positivity," and it's not good for you. In fact, toxic positivity has the power to hold you back, keeping you from realizing your true potential. It can also harm others and minimize their feelings and emotions.

If this sounds confusing, don't worry. We will start by defining toxic positivity and give examples so you know what it's all about. We'll follow up with a few words on how to tell the difference between positive feedback, which is more related to encouragement) and toxic positivity (which is more about judgment and tearing people down.).

From there, you'll learn about the harmful nature of toxic positivity. You might be surprised by some of the items on this particular list.

Finally, you will learn a six-step system for overcoming toxic positivity from without and within.

This is quite a journey in front of you, but if you take the time to consider what each section is saying, you will have toxic positivity down in no time. In fact, you'll never be at its mercy again.

Let's get started!