Megan de Beyer

Can you swop fake positivity for radical honesty?

In an effort to prop ourselves up, we often bypass the truth. Although our intentions might be good, this isn't necessarily healthy for us psychologically. While 'positive thinking' quotes have their place, they can also be somewhat harmful if we are overriding our authenticity to remain falsely optimistic.

Sometimes when things are tough, we don't want to deal with it. We might find it easier to sweep it under the proverbial rug and say to ourselves, "this too will pass." Although this might help temporarily, it holds us back ultimately. Our real, raw emotions need to be faced, felt and resolved.

Overall, when people are truly suffering, it takes more than the odd inspirational quote to help them through.

REFRAMING

Authenticity is a fundamental human need, and we self-actualize by giving ourselves permission to simply GET REAL with how we are truly feeling.

Here are a few ideas for reframing false positives with raw, real emotion:

SWOP
It is what it is

FOR THIS
It hurts. It's sad. It's hard

SWOP
Get over it

FOR THIS
Work through it

SWOP
Look on the bright side

FOR THIS
I'm here for you through the darkness

SWOP
Everything happens for a reason

FOR THIS
It doesn't make sense. I'm here for you

SWOP
Don't be a quitter

FOR THIS
It's okay to walk away

SWOP
It could be worse

FOR THIS
What can make it better?

Are you ready to get real with your parenting struggles and learn how to overcome them? Enrol in my parenting course....or just start with the Self-Exploration Parenting Workbook.

Find Out More

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