

Why “Just Be Positive” Doesn't Work

Names the exact pressure she's pushed back against for years, and what toxic positivity actually costs.

What this lesson covers

- Getting lectured for saying how you really feel
- The “positive vibes only” culture and why depth gets read as drama
- Feel it to heal it: why suppressed feelings don't disappear, they bottle up
- Shadow work means seeing the whole picture, not just the bright side

HOME EXERCISE *One time recently I was told to “just stay positive” when I didn't want to hear it:*

What I actually needed in that moment instead:

One person in my life I could ask to just listen, no fixing:

BEFORE NEXT MODULE: Tell that one person what you actually needed, using the words from your answer above.