

## Why avoid this question?

Because it is imbued with toxic positivity. When we insist on always staying positive, we minimise the challenges and negative emotions one might experience when faced with infertility.

We wanted to comfort them, but this comment has the opposite effect.

The person we're talking to might feel like we don't want to hear about their negative emotions or challenges.

## What can we say or do instead?

**It's normal to have ups and downs during this process.**

**I'm here to support you and I'll welcome you no matter how you feel.**

We should allow people who struggle with infertility to express their emotions and concerns, rather than encouraging them to repress their feelings or pretend that everything is fine.



## Let's talk about infertility

### Avoiding microaggressions

Toolkit #8

**“Stay positive!”**



Learn why you should avoid asking this question and what alternatives you should use instead.

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