

Both *and*

Life rarely fits into either/or. Learning to hold two truths at once can quiet the tug-of-war inside and open up new ways forward.

Try swapping “but” for “and.”

In Dialectical Behavior Therapy (DBT), this is called dialectical thinking: two things that seem opposite can both be true, and neither one has to win.

I'm doing my best

&

and I can still learn new skills.

Accepting where you are is where growth begins.

I can feel afraid

&

and still be brave.

Courage means acting alongside fear, not without it.

I can be sad

&

and still notice moments of joy.

One feeling doesn't cancel out another.

I can feel angry

&

and still choose how I respond.

Feelings are valid. Actions are choices.

My past shaped me

&

and it doesn't decide my future.

Where you've been is not a life sentence.

I can disagree with someone

&

and still respect them.

Connection can survive difference.

I can need rest

&

and still be committed to my goals.

Pausing is part of the work.

I can miss someone

&

and know that letting go was right.

Grief and good decisions often travel together.

YOUR TURN

From *but* to
and

Write down a “but” thought you’ve had this week, such as “I want to get better, but I keep struggling.” Then rewrite it as a both/and statement, and notice how it feels different.

But:

And:

