Two Things Can Be True at Once

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I can feel anxious and still do it.

Anxiety does not have to make the decisions.

I can feel hopeful and still be grieving.

Hope and grief can exist together.

I can love someone and still need boundaries.

Love does not mean accepting harmful behaviour.

Holding two truths at once does not make either one wrong. Both can be real.

I can ask for help and still be strong.

Strength includes knowing when you need support.

I can be healing and still have difficult days.

Progress is rarely a straight line.

I can feel overwhelmed and still take one small step.

Small steps are still progress.

I can accept myself and still want to change.

Acceptance and growth can happen together.

I can make mistakes and still be a good person.

Mistakes do not define your worth.

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two things can be true at once

Download a printable “Two Things Can Be True at Once” poster showing paired affirmations for mixed emotions, anxiety, grief, boundaries, healing, mistakes, self-acceptance and change. The PDF includes two visual versions with the same core message about holding more than one truth at the same time.

Likely users include counsellors, social workers, therapists, teachers, pastoral staff, youth workers, parents and adults wanting a simple reminder for home or work. It can be displayed on a wall, used as a session prompt, added to a wellbeing folder, or shared as a gentle discussion starter with teenagers or adults.

The poster supports both-and thinking, self-compassion and emotional validation by helping people recognise that feelings and actions can coexist. It may be particularly useful when someone feels anxious but needs to take a step forward, is grieving while still feeling hope, or is learning that love and boundaries can exist together.