



@sitwithwhit
524k

WHITNEY GOODMAN

RADICALLY HONEST PSYCHOTHERAPIST | AUTHOR | VOICE BEHIND @SITWITHWHIT

www.sitwithwhit.com



About Whitney Goodman

Whitney Goodman, LMFT, is the radically honest psychotherapist behind the hugely popular Instagram account @sitwithwhit, author, and the owner of The Collaborative Counseling Center, a virtual therapy practice Florida. Whitney's debut book (released February 2022), *TOXIC POSITIVITY: KEEPING IT REAL IN A WORLD OBSESSED WITH BEING HAPPY*, shows readers how to shift the goal from being happy to being authentic in order to live fully. A millennial on a quest to make mental health information accessible and easy to understand, Whitney helps people who want to improve their relationships and emotional wellness. She earned her undergraduate degree at Tulane University and a graduate degree in Counseling Psychology from The University of Miami. Whitney has her own column in *Psychology Today* and has been featured in dozens of domestic and international publications, including *The New York Times*, *Teen Vogue*, *NY Magazine*, and *Good Morning America*. For more information, please visit www.sitwithwhit.com.

Why Whitney Goodman?

- Whitney Goodman is a Licensed Marriage & Family Therapist (LMFT) and a millennial on a mission to make mental health information accessible and easy to understand.
- Whitney's honest approach and refreshing perspective have attracted more than a half-million followers on her Instagram account @sitwithwhit.
- Whitney is the author of *TOXIC POSITIVITY* (released February 2022), a powerful guide in which she gives readers permission to ignore the pressure to be positive and instead feel their feelings.
- Whitney's radically honest voice is refreshing in the mental health space. A passionate therapist, she is here to encourage people that life is worth living; treating it as a continual self-improvement project doesn't leave room for a full, quality life.
- Through her virtual private practice and digital courses, worksheets, and videos, Whitney helps people who want to improve their relationships and emotional wellness. She covers various topics, including trauma, burnout, healing family habits, emotion processing, triggers, relationships, parenting, diet culture, and more.

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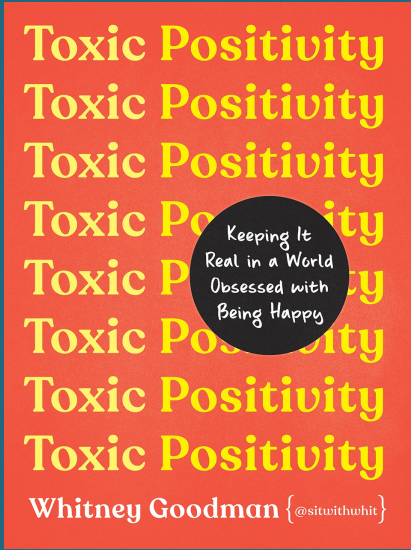


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About TOXIC POSITIVITY

Every day, we're bombarded with pressure to be positive. From "good vibes only" and "life is good" memes to endless advice to "look on the bright side," we're constantly told that the key to happiness is silencing negativity wherever it crops up - both in ourselves and others. But if all this positivity is the answer, why are so many of us depressed and burned out? A refreshingly honest guide by sought-after therapist Whitney Goodman, TOXIC POSITIVITY is a powerful guide to owning our emotions—even the difficult ones—to live with more authenticity, connection, and growth, ultimately creating a path to show up as you truly are.

Why TOXIC POSITIVITY?

- In a culture obsessed with being happy, it's no wonder so many people are experiencing burnout. TOXIC POSITIVITY shows readers how to shift the goal from being happy to being authentic in order to live fully.
- To truly live, you have to truly feel. TOXIC POSITIVITY is a guide to owning your emotions—the good and the bad—and gives readers permission to feel the full spectrum of whatever life throws their way.
- Whitney shares the latest research along with everyday examples and client stories to present simple ways to experience and work through difficult emotions. The result is more authenticity, connection, and growth—and ultimately, a path to showing up as you truly are.
- While it may be ill-informed, toxic positivity often comes from a place of good intention. Goodman helps readers understand the damage toxic positivity can create and gives them practical tools to avoid inflicting toxic positivity on others (and themselves).



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Suggested Interview Questions

- What is emotional wellness? What does it look like to be emotionally well?
- Your website says you reject the idea that a therapist should be a blank slate. What do you mean by that, and how do you describe your approach to therapy?
- You recently released your first book, Toxic Positivity. Tell us about that term and how too much positivity is a bad thing.
- What does it mean to show up authentically in the world?
- When we silence negativity with positivity, what problems do we create?
- In addition to client stories and real-life examples, you share research that reinforces how toxic positivity can be. What does the data say?
- In addition to your Instagram content, you own a private practice in Miami and offer courses, worksheets and videos on your website. Tell us about your courses and worksheets.
- You've recently launched an online newsletter and community called Good Enough. What are you doing through that community?
- What encouragement do you have for people experiencing burn out?

YOU CAN BE AN
OPTIMISTIC PERSON
AND NOT USE TOXIC
POSITIVITY.

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Suggested Interview Topics

- Why good vibes aren't enough
- You are NOT a self-improvement project
- Toxic positivity: what it is, and what it isn't
- 6 ways positivity becomes toxic
- Toxic phrases you might've used (and have definitely heard)
- It's time to be done with happy
- Meet the millennial on a mission to change how we talk about mental health
- The keys to living a full life: authenticity and emotional expression
- 3 things to say to someone in crisis
- Toxic positivity in parenting: how to help regulate instead of invalidate
- Where we're getting it wrong on mental health
- How to make your emotions work for you
- What's wrong with being the "chill girl"
- Life is meant to be lived, not constantly improved
- Why you need to feel your feelings
- Is your positivity toxic? Here's how to know.



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