

Two Things Are True is one of my favorite simple phrases that changes everything.

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PWIZIVACPXM](https://www.youtube.com/watch?v=pWIZiVAcpxM)
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SUMMARY

The discussion emphasizes the importance of recognizing and verbalizing that two conflicting emotions can coexist, particularly in the context of setting boundaries and validating feelings. By shifting language from "but" to "and," individuals can express excitement while acknowledging others' feelings, fostering emotional resilience in both themselves and their children.

- Acknowledge that two conflicting feelings can be true simultaneously.
- Use "and" instead of "but" to express dual emotions effectively.
- Setting boundaries does not require fixing others' feelings.
- Teaching children to tolerate conflicting emotions prepares them for adulthood.
- Recognizing this duality can improve emotional intelligence and relationships.
- The concept is crucial for personal well-being and effective parenting.
- Encouraging open dialogue about feelings helps in emotional development.

Two things are true, right? So, going back to boundaries and validation, two things are true. I can set a boundary. You can be upset. Two things are true. I'm excited for this next step. And I get that you wish I was staying home. Like, I actually think >> that phrase, two things are true. It trains our mind to then say the things. And then the thing that's a small shift, but makes a huge difference >> is kind of upgrading the but to an and.

>> I'm excited, but I'm going to miss you. I'm excited and I'm going to miss you. Right? Like and look, I think in the world we see this like collapse of our ability to hold two things as true. It's in in every small and big way. Which again is why I think I think about good inside as as really is so important. I one of the most powerful ways we can change the world is how we raise the next generation of kids who will become adults. Two things are true. I'm going to dinner with my friends tonight. So person X, your dad, my mom, whoever it is is going to put you to bed. Two things are true. I'm excited to see my friends and I understand you're going to be upset. I don't have to fix the upset.

I don't have to change my plans. I don't need to get my 5-year-old. But don't you understand? It's really good for me to go out with my friends. I'm a better mom again. What's happening there? No, they can just both be true. And when we become better able to like verbalize that, we actually teach our kids to be able to tolerate those two things at once.