

4 IDEAS TO EXTERNALIZE

Externalizing is a means of getting the thoughts and feelings from inside yourself to the outside. Oftentimes, when kept inside, thoughts and feelings can rapidly cycle and keep us in an exhausting loop of worry or despair. When we externalize, it slows down our process and allows space to consciously understand what is going on. In turn, we are able to tend to that experience and decide how to address it.

JOURNAL

The old fashioned way - pen to paper. Spend 30 seconds writing whatever comes out. Don't think about it. Don't set an agenda. Just write.

01

TRUSTED FRIEND

Talk to somebody you trust. Sharing what you are feeling can reduce the intensity of how it feels inside. Then, they can learn how to best support you.

02

VOICE MEMOS

People have their phone in close proximity most of the time. Recording a voice memo can help 'release' what is happening for you inside, without needing more than your phone.

03

DRAW/ART

Art can be a way to externalize by creating an image that represents how you are feeling.

04