**What does it mean and how is it important to externalize our emotional state?**

**Building Resilience: One Step at a Time**

**Externalizing the Impact of Emotion**

We all have struggles that have profoundly challenged us. Our thoughts and emotions are so complex and confusing. We reach for strategies and wisdom that goes beyond the traditional care tactics. A key element in building our wellness is making sure our emotions don’t control us, but we manage them. Many of us have been surprised and confused with what feelings have come to the surface. This one-pager is designed to help us move forward in managing these complicated emotions.

Our goal is clear; we need to redirect the dominant story of these intrusive emotions and build an alternative. Our reality is through our conversations, and our emotions are context-determined rather than an internal state. Our goal now is to externalize the story, deconstruct the emotions and create a move to action. To separate the person from the problem.

**The Story**

The first step is to ask oneself, “what are my dominant “stories?” we want to understand more about the story. Stories can be themes about any of the following:

Ourselves, our abilities or struggles, our competencies or actions, our desires or interests, our achievements or failures

Another way you can ask yourself. What might be your gremlin be, and what does it whisper in your ear?

**How to Externalize the Emotional**

First, focus on what you can externalize

Feelings like anger, depression, guilt, shame, fear. Problems or conflict

Ask yourself, “How long has fear, anger got in your way?”

Be curious and ask questions that you genuinely do not know the answer to.

**Creating New Outcomes**

Reathoring your story can create new opportunities-Writing and drawing the story helps

Problems only survive when they are supported by particular ideas or beliefs.

***Remember: The problem is THE problem; the person is NOT the problem.***

*Adapted source: Narrative Approaches works of Michael White and David Epston*