

EXTERNALIZING

The person is never the problem; the problem is the problem.

Some examples by Bill O'Hanlon:

Example: "When Paranoia whispers in your ears, do you always listen?"

Example: "So Depression has moved in with you for the last month?"

Example: "How long has Anorexia been lying to you?"

Example: "When has jealousy invited you to do something you regretted later?"

Example: "What kinds of foods does Anorexia try to get you to avoid?"

Example: "Tell me about some times when you haven't believed the lies Anorexia has told you."

Example: "How have you stood up to the Temper Tantrum Monster?"

Example: "How do you explain that you are the kind of person who would lodge such a protest against Anorexia's plans for you."

Example: "What qualities do you think you possess that give you the wherewithal to oppose Depression in that way?"

Example: "What can you tell me about your past that would help me understand how you've been able to take these steps to stand up to Anorexia so well?"

Example: "Who is a person that knew you as a child who wouldn't be surprised that you've been able to reject Violence as the dominant force in your relationship?"

Example: "As you continue to stand up to Anorexia, what do you think will be different about your future than the future Anorexia had planned for you?"

Example: "As Jan continues to disbelieve the lies that delusions are telling her, how do you think that will affect her relationship to her friends?"

Example: "Who could you tell about your development as a member of the Anti-Diet League that could help celebrate your freedom from Unreal Body Images?"

Example: "Are there people who have known you when you are not depressed who could remind you of your accomplishments and that your life is worth living?"