

## EXTERNALIZING CONVERSATION

DR. SIMON NUTTGENS

**Me:** What brings you in today?

**Client:** I'm depressed.

**Me:** How is the depression treating you?

**Client:** Horrible. I'm so depressed.

**Me:** How does the depression make you feel?

**Client:** Depressed.

**Me:** How do you feel about the presence of depression in your life?

**Client:** It makes me depressed.

**Me:** (Inner voice: HELP!!!).