

EXTERNALIZE

Meaning: To externalize means to express or manifest internal thoughts or feelings outwardly, or to transfer certain functions or services to an outside entity or provider.

1. To cope with her emotions, she began to externalize her feelings through art.
2. The company decided to externalize some of its operations to cut costs and increase efficiency.
3. He tends to externalize his anxieties by discussing them with friends rather than keeping them bottled up.
4. In therapy, it's important to externalize your thoughts to gain perspective on your situation.
5. The manager encouraged the team to externalize their ideas to foster creativity and collaboration.

Source: sentences.whatistheurl.com

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