

HOW TO GUIDE

Journal Prompts

How to Stop Over Explaining

*Step 1:
Know Your Triggers*

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When do you over explain?

Write down the situations when you are most likely to over explain.

- During Interviews
- Speaking with Executives
- Proposing My Ideas



Step 1: *Know Your Triggers*

What does it feel like?

Write down what it feels like in your body when you are over explaining:

- Heart Racing
- Sweating Palms
- Neck is hot



Step 1: *Know Your Triggers*

How do others react?

How do people you interact with frequently react when you are over explaining?

- Taps her pen on the table
- Shakes her foot
- She Interrupts me when I take a breath

