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Kelly Cutrone If You Have To Cry Go Outside

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The Enduring Wisdom of Kelly Cutrone: Why “If You Have to Cry, Go Outside” Redefines Professional Resilience

In the high-octane world of fashion, public relations, and reality television, few figures have left as indelible a mark as Kelly Cutrone. Known for her sharp wit, unflinching honesty, and no-nonsense approach to business, Cutrone became a cultural phenomenon through her appearances on shows like *The Hills* and *Kell on Earth*. Yet, among the many pearls of wisdom she has dispensed over the years, one particular directive has transcended its original context to become a mantra for professionals across all industries: **Kelly Cutrone If You Have To Cry Go Outside**.

This seemingly blunt statement is far more than a cold dismissal of emotion. It is a powerful philosophy about compartmentalization, professionalism, and respect for the shared space of the workplace. To understand its true weight, we must explore the woman behind the words, the culture she navigated, and the timeless lesson she imparted to a generation of workers. This article delves deep into the meaning of this iconic phrase, examining its relevance for modern professionals, entrepreneurs, and anyone striving to balance authentic human emotion with the demands of a demanding career.

The Woman Behind the Words: Understanding Kelly Cutrone

Before dissecting the advice itself, it is essential to understand the source. Kelly Cutrone is the founder of People's Revolution, a renowned fashion public relations agency that has launched or revitalized countless brands. Her career trajectory was not built on inherited wealth or nepotism; it was forged in the relentless, often brutal, fires of the New York fashion scene. This background is crucial. When Kelly Cutrone says, "If you have to cry, go outside," she is not speaking from a place of privilege or emotional detachment. She is speaking from the trenches of one of the most competitive industries on the planet.

Her approach was often labeled as harsh or intimidating, but those who worked with her frequently described her as direct, fair, and deeply invested in the success of her team. Her philosophy was rooted in a simple, pragmatic belief: the work is the priority. In an industry where deadlines are unforgiving, clients are demanding, and the margin for error is razor-thin, personal emotional breakdowns are not just unproductive—they can be professionally damaging. Cutrone’s message was not that feelings are invalid, but rather that the workplace is not a therapy session. It is a collective engine that requires every part to function with focus and discipline.

The phrase **Kelly Cutrone If You Have To Cry Go Outside** encapsulates this ethos perfectly. It is a permission slip to feel, but with a boundary. It acknowledges that crying is a natural human response to stress, disappointment, or frustration. However, it insists that the professional environment must be protected from the collateral damage of one person's emotional spillover. This distinction is what separates the quote from mere

cruelty and elevates it to a piece of profound professional advice.

Deconstructing the Quote: What “Go Outside” Really Means

At first glance, the instruction to "go outside" seems like a punitive exile. However, a deeper analysis reveals a multi-layered strategy for emotional regulation and professional integrity.

When Cutrone advises you to cry outside, she is advocating for a physical separation between the emotional event and the professional task at hand. Stepping outside—whether it is onto a busy New York sidewalk, a fire escape, or a quiet alley—forces a momentary pause. This physical relocation can break the feedback loop of increasing anxiety. The change in environment, the fresh air, and the momentary disconnection from the triggering stimulus allow the parasympathetic nervous system to engage. It is a form of self-imposed timeout, not as a punishment, but as a reset button. This simple act can prevent a five-minute cry from escalating into a full-day productivity disaster.

The most crucial interpretation of this advice relates to the concept of the "professional container." Every workplace is a shared space, both physically and energetically. When one person brings a flood of raw, unregulated emotion into that space, it affects everyone. It creates discomfort, shifts focus from the work, and can create a toxic atmosphere of walking on eggshells. By taking the tears outside, the individual is performing a service for the entire team. They are protecting the collective focus and maintaining a professional atmosphere where everyone feels they can operate without being subjected to the emotional turbulence of others. This is not about suppression; it is about containment.

Perhaps the most empowering aspect of the **Kelly Cutrone If You Have To Cry Go Outside** philosophy is the ownership it encourages. It places the responsibility for managing one's emotions squarely on the individual. In a world where we are often encouraged to share our feelings openly and immediately, Cutrone’s advice offers a counterpoint: self-regulation is a skill. Handling your tears privately, or at least away from the direct workflow, demonstrates maturity and accountability. It shows that you respect your colleagues enough to handle your personal moments privately, just as you would handle a confidential phone call or a private meeting.

The Relevance of Kelly Cutrone’s Advice in Today’s Workplace

One might argue that Cutrone's advice is outdated in an era that champions mental health awareness, vulnerability, and "bringing your whole self to work." However, this is a misunderstanding of the quote's intent. The modern workplace is not served by abandoning professionalism; it is served by finding a sophisticated balance between authenticity and functionality.

The advice remains incredibly relevant for several reasons:

- High-Stakes Environments: In fields like medicine, law, finance, and emergency services, emotional breakdowns on the job are simply not an option. Cutrone’s advice is a standard operating procedure for professionals who must remain composed under pressure.
- Respect for Team Dynamics: In collaborative environments, one person's emotional display can derail meetings, brainstorming sessions, and client interactions. The "go outside" rule preserves the team's ability to function effectively.
- Personal Empowerment: Learning to self-soothe and take a moment to regroup is a critical life skill. It fosters resilience and prevents the feeling of being a victim to one's own emotions. It is an active, rather than passive, approach to emotional management.

What the Quote Does NOT Mean

To fully appreciate the wisdom of Kelly Cutrone, we must also dispel some common misinterpretations. The quote is not a blanket endorsement of toxic work environments or emotional repression. It is not a tool for bullying or gaslighting employees into silence.

There is a critical difference between suppression (denying and burying a feeling) and self-regulation (acknowledging the feeling and choosing an appropriate time and place to process it). Cutrone is advocating for the latter. She has spoken extensively about the importance of being authentic. The key is that the processing of deep emotional pain or frustration should not hijack the collective work process. You are allowed to feel; you are just asked to feel in a way that does not disrupt the mission at hand.

This philosophy does not excuse managers from creating supportive, psychologically safe environments. If employees are constantly crying, it is a symptom of a systemic problem, not just a character flaw. The "go outside" advice applies to the moment of crisis. It is the responsibility of leadership to investigate the root causes of chronic distress and address issues like burnout, unrealistic workloads, or interpersonal conflict. The quote is a tool for the individual, not a shield for the organization.

How to Apply the “Cry Outside” Philosophy in Your Own Career

Whether you are a junior assistant, a mid-level manager, or a CEO, the principles behind Kelly Cutrone’s advice can be practically applied to enhance your professional composure and effectiveness.

1. Recognize Your Emotional Triggers: Before you can manage an emotion, you need to see it coming. Pay attention to the physical signs of overwhelming emotion—a tight chest, a lump in the throat, a sudden wave of heat. These are signals that you need to step away.
2. Create an Exit Strategy: Know where you can go for a reset. It could be a bathroom stall, a stairwell, a rooftop, or a nearby coffee shop. Having a designated "cry spot" makes the act of stepping away feel less like an escape and more like a strategic retreat.
3. Set a Time Limit: The goal is to process and return. Give yourself permission to feel, but set a timer. Allow five or ten minutes for the release, then take a few deep breaths, splash water on your face, and prepare to re-enter the professional space.
4. Focus on the Mission: When you return, redirect your focus immediately to the task at hand. Avoid the temptation to debrief the emotional moment with colleagues unless it is absolutely necessary for the work. Let your actions demonstrate your professionalism.
5. Process Later, Privately: The "outside" moment is for crisis management. Deeper processing should happen later—with a therapist, a trusted friend, or in a journal. Separate the immediate need for composure from the long-term need for healing.

Beyond the Workplace: A Philosophy for Life

The beauty of the **Kelly Cutrone If You Have To Cry Go Outside** mantra is that its wisdom extends far beyond the office walls. It is a powerful approach to navigating any high-pressure situation in life. It teaches us that we do not have to be slaves to our every emotional impulse. We can choose how and when to express our feelings. We can be present for others without making our own emotional state the center of attention. It is a lesson in grace under pressure, in the quiet dignity of handling one's own business before rejoining the group.

In a personal context, this might mean taking a moment to compose yourself before a difficult conversation with a family member. It might mean stepping away from a social media argument to cool down. It might mean acknowledging a moment of grief or loss, giving yourself a few minutes to feel it deeply, and then choosing to move forward with your day. This is not weakness; this is the essence of resilience.

The Critics and the Counterpoint

No discussion of this quote would be complete without acknowledging its critics. Some argue that it perpetuates a culture of emotional stoicism that is damaging, particularly to women, who are often stereotyped as being "too emotional" in the workplace. They claim that it reinforces the idea that women must adopt masculine traits of toughness to succeed.

While this argument has merit in the context of systemic sexism, it often misses the nuance of Cutrone's own experience. As a powerful woman in a male-dominated industry, Cutrone was not telling women to be like men; she was telling them to be like professionals. Her advice is gender-neutral in its application. It is about power,

control, and respect for the professional arena. Furthermore, Cutrone herself has been openly emotional in public, showing that her advice is not about denying one's humanity. It is about mastering it so that your emotions do not become a liability in a world that is often unforgiving.

Conclusion: The Lasting Legacy of a Blunt Truth

The phrase **Kelly Cutrone If You Have To Cry Go Outside** has endured because it contains a difficult truth wrapped in memorable packaging. It challenges the modern tendency to conflate emotional expression with emotional intelligence. True emotional intelligence, as Cutrone's career demonstrates, includes knowing when to hold it together, when to step away, and when to return stronger. It is a call to respect the shared mission of the workplace, to take ownership of your emotional state, and to develop the kind of unshakeable resilience that defines the most successful professionals.

It is not a quote about being heartless. It is a quote about being purposeful. It acknowledges that tears are real and valid, but it insists that the show must go on. And in a world that is increasingly volatile, uncertain, complex, and ambiguous, that is a piece of advice more valuable than ever. So, the next time you feel the pressure mount and the tears threaten to spill over in a meeting or at your desk, remember Kelly Cutrone. Take a breath. Excuse yourself. Go outside. Cry if you need to. Then, wipe your face, square your shoulders, and walk back in ready to do the work. That is the ultimate act of professional power.

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