



CONTAINER EXERCISE

DOWNLOADABLE RESOURCE

WHAT IS IT?

It is an exercise which uses the brain's ability to contain material. As distressing memories and thoughts arise, the image of a container is used to hold onto or put away those thoughts until they can be handled in a more successful, healthy and balanced way.



STEP-BY-STEP

- Bring a safe container in your mind's eye or in a place you feel secure.
- Feel that this container is strong enough to hold the distressing feelings, memories, images, thoughts, and physical sensations.
- Picture the container and describe it to yourself. Understand why it makes you feel secure.
- Imagine putting those distressing thoughts, emotions, memories, images, and sensations inside it one by one and close it tightly.
- Check with yourself if there is anything else that needs to go inside.
- Feel if the container is secure now. Check with your body and your mind.
- Anytime something disturbing comes up, just imagine sending it and putting it all in this container.