

How to Use the Container

Imagine you have a container in which you can place all images, thoughts, feelings, sensations, people, etc. until you are ready to review it.

When you can't give those factors your FULL attention, it doesn't feel safe, or you don't have the time right then, imagine yourself putting them into the container until the time is right.

Once you have placed them in the container allow your body to relax and go back to focusing on what needs your attention at that time.

DO's and DON'TS:

- Do use a container that can be closed or reinforced if needed.
- Do use art or other means to help make the container more concrete for yourself.
- Do practice using your container when your stress level is low.
- Don't wait until there is an upsetting issue to use your container. You won't think of it if it's not already a habit.
- Do use it for vague/uncomfortable feelings and when you might not know why you are upset.
- Don't try to figure it out what it is if you need to contain it (that's processing work that can be done with your therapist).
- Do schedule a review time each day to focus on what you can process on your own.