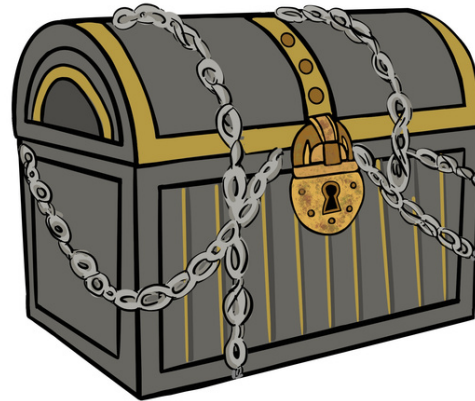
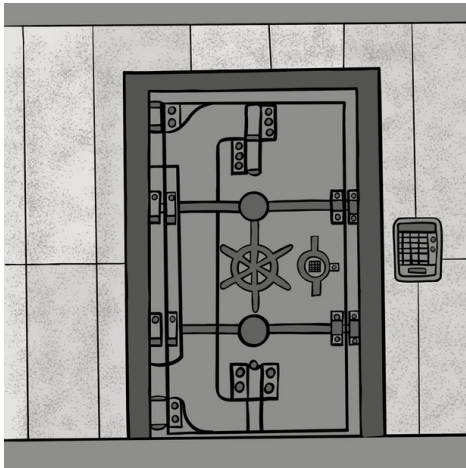


# The Container



The container exercise can be used to safely and securely hold difficult or distressing thoughts, feelings, and memories. Your container will temporarily store these things until you feel ready to face them and deal with them.

Your container can be anything you choose, like a safe, a lockable chest, a metal container or even a building, like a tower or castle

Your container needs to have the following qualities:

It should be strong and sturdy enough to hold whatever you decide to put into it. Think about what material it is made of, for example, it could be made of metal, thick wood, or rock

You need to have a way of putting things into and taking things out of your container; for example, it might have a door, a valve, a hatch or a lid.

Things can be put into and taken out any way you wish. For example, you might place them in, throw them in, pour them in or have them sucked in. They can even be magicked in.

The inside needs to be spacious, and if you want, it could have sections or compartments where you can place things.

Maybe you also want to add a soundproof lining inside your container; you can design it however you wish.

You can add extra security on the outside, such as locks, a security system, a face scanner, magic, a protective shield, or a dragon (whatever your imagination wants to use)

Take a moment to build a picture or sense of your container in your mind; notice the size of it, the shape of it, the texture of your container.

Notice how strong it is, and how it opens up .....and how it closes tightly and securely shut.

Imagine opening your container and starting to put those distressing feelings and emotions into it.

Once as much as possible is inside, imagine closing your container tightly and securely shut

If you want to, add any extra security you want to around the outside.

Then put your container in a place that only you know where it is, and only you can access it.

Notice how you feel now that you have been able to put as much as you have into your container.

When in future you feel safe and supported, you may decide to take something out and deal with it. But until that time, it is securely stored away.

Remember, you are in control of your container; you decide when and how you use it.