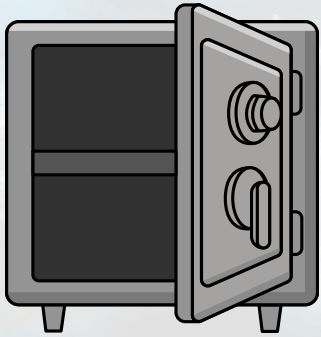


THE CONTAINER EXERCISE

The Container Exercise is a great tool for people who have trouble with traumatic memories in between sessions with their therapist.



Step 1: Picture in your mind a very secure container. This container could be in your home or in a safe space. This container will be strong enough to hold all of the unsettling memories, images, thoughts, physical sensations, sounds, smells, and emotions that come along with the traumatic experience.

Step 2: What kind of container would be needed to securely hold your traumatic memories? Describe it. What is it? What color is it? What strong material is it made of?

Step 3: Now imagine taking all of your traumatic memories (including the thoughts, sounds, smells, emotions, etc.) and putting them inside the container. Now shut the container securely. Is there anything we can do to make it more secure?



Step 4: Think of where you would like this container to live. Should it live in a certain location or room?

Step 5: If any of your traumatic thoughts come up in between sessions, imagine sending them into the container to be opened when you are ready.

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