Constructing A Container (adapted from Landry Wildwind)

I’d like you to develop a container that will help you manage some of the icky feelings and memories you may have. There are three characteristics that can be useful: 1) the container should be big enough on the inside and strong enough to hold whatever you put into it; 2) it should also have a way for you to send things into it and take things out without any of the other ick or yuck that is already inside escaping; and 3) the inside of the container should be comfortable enough that whatever you put into it will be willing to stay until you are ready to work with it.”

Activate the sensory elements with a description: Take a moment to think about what your container will look like. [pause] There is no right answer. [pause] What do you get?

Emotions and Sensations: Imagine how it would feel if you knew your container could hold your troublesome feelings and memories. [slow, short (4-8) round trips of BLS = set]

Enhancing: Focus on your container and those good feelings. [slow, short BLS] What do you notice now? [repeat and enhance if positive] ____________________________

Cue Word: What do you want to call your container? ____________________________

Putting problems away: Now I want you to send all the bothersome, icky, yucky things into the container. I don’t want you to list them, count them, or think of them, I just want you to put it all in there like you put dirty clothes in the laundry (or toys in your toy box). [pause] What does that feel like knowing it’s all in there and you don’t have to carry it around with you? ____________________________ [if positive, slow, short BLS to enhance]

Test it: Now I want you to take one little thing out [1-2 on the SUD scale] and notice what that feels like. [pause] Now put it back in your container and notice what that feels like. [if positive, slow, short BLS to enhance] Want to try it again, or do you have the hang of it?

Now, we will create a Happy Place you can go to in your head where you feel calm, relaxed, peaceful, protected, safe, secure, or whatever works for you [use any descriptor that is appropriate for your client], someplace you can feel ‘aaabbb’. Once you’ve done that, I’ll teach you how to put them together.