

## Constructing A Container Worksheet (adapted from Landry Wildwind)

1. **Container Specifications:** *"I'd like you to develop a container that will help you manage some of the troublesome feelings and memories you have. The container should be strong enough to hold whatever you put into it. It should also have a two-way system that would allow you to put things into it and take things out without any of the other material that is already inside escaping. The two-way system should also allow you to take out only as much of any given problem as you want. Additionally, the inside of the container should be comfortable enough that the material you put into it will be willing to stay until you are ready to work with it."*

2. **Description:** *"Take a moment to think about what your container will look like. (pause) There is no right answer. (pause) What do you get?"*

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3. **Emotions and Sensations:** *"If you knew your container could hold some of your troublesome feelings and memories, how would you feel?"*

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4. **Enhancing:** *"Focus on your container and those good feelings." (slow BLS) "What do you notice now?" (repeat and enhance if positive)*

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5. **Cue Word:** *"What word or words best describe your container? (pause) Think of that word and the positive emotions and sensations it produces and follow my fingers." (slow BLS)*

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6. **Cuing with Disturbance:** *"Now imagine some mildly disturbing recent memory and notice how your body feels. (pause) Imagine putting that memory into your container. (pause) Notice how differently it feels."*

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7. **Putting presenting problems away:** *"Now imagine another mildly disturbing incident and imagine putting it into the container without my assistance. (pause) How did that work?"*

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8. **Using the Container:** *"I'd like you to practice using your container whenever you feel stressed. We'll check next time and see how it worked."*

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9. **Reevaluation:** When your client returns, review her/his use of the container.