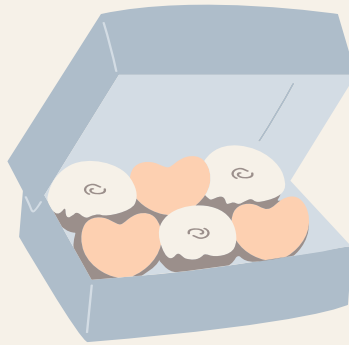


CONTAINER EXERCISE

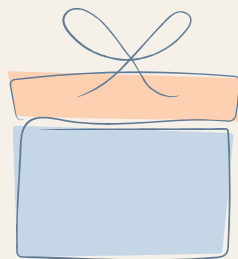
Understanding the Container Exercise: Creating a Safe Space for Positive Resources

The Container Exercise is a valuable technique used in therapy to help individuals create a safe and internalized space within themselves filled with positive resources. This imaginative practice allows individuals to harness their inner strength, comfort, and support, promoting emotional regulation and well-being.



What is the Container Exercise?

The Container Exercise is a visualization and grounding technique designed to provide individuals with a tangible and comforting space within themselves. In this exercise, individuals imagine a container of their choice, such as a box, chest, or any other container, and use it to hold positive resources, memories, and feelings of safety.



Purpose of the Container Exercise

The Container Exercise serves several essential purposes in the context of emotional regulation and self-soothing.

Creating a Safe Space: It offers a tangible representation of a safe and comforting space within, providing a sanctuary where individuals can find refuge during moments of distress.

Resource Activation: The exercise allows individuals to collect and store their inner resources, including positive memories, coping strategies, and supportive figures, in one place for easy access.

Emotional Regulation: The Container Exercise can be used to manage overwhelming emotions, providing a structured method to contain and process distressing thoughts and memories.

CONTAINER EXERCISE SCRIPT

The Container Exercise is a valuable tool for you to access a safe and secure place within yourself, filled with positive resources that can help you during challenging moments. Remember that you can return to this container whenever you need to draw upon its strengths and comforts.



Before we begin, find a quiet and comfortable place to sit or lie down. Close your eyes if that feels right for you, and take a few deep, calming breaths. Inhale through your nose and exhale slowly through your mouth.

Creating a Safe Container: Visualize a strong and secure container in your mind's eye. It can take any form you wish — a box, a chest, a vault, or anything that feels protective and comforting to you. Imagine this container as being completely safe and secure.

Personalizing Your Container: Take a moment to decorate your container in a way that represents you and your unique self. You can adorn it with colors, textures, or images that resonate with you. Make it yours.

[If client wishes to, he/she can draw it out on the next page provided.]

Gather Your Positive Resources: Now, begin to fill your container with positive resources, memories, and sensations that make you feel safe and supported. These resources can include moments of joy, accomplishments, words of encouragement, or anything that brings comfort. Imagine placing these resources gently into the container, one by one. Feel the positive energy radiating from each item as you add it.

[If client wishes to, he/she can draw or write them out on the next page provided.]

Closing and Locking the Container: Once your container is filled with all the positive resources that make you feel safe and secure, close the lid or seal it shut. Visualize locking or sealing it with a key, combination, or any method that feels secure to you.

[If client drew/wrote, get him/her to close eyes after drawing/writing.]

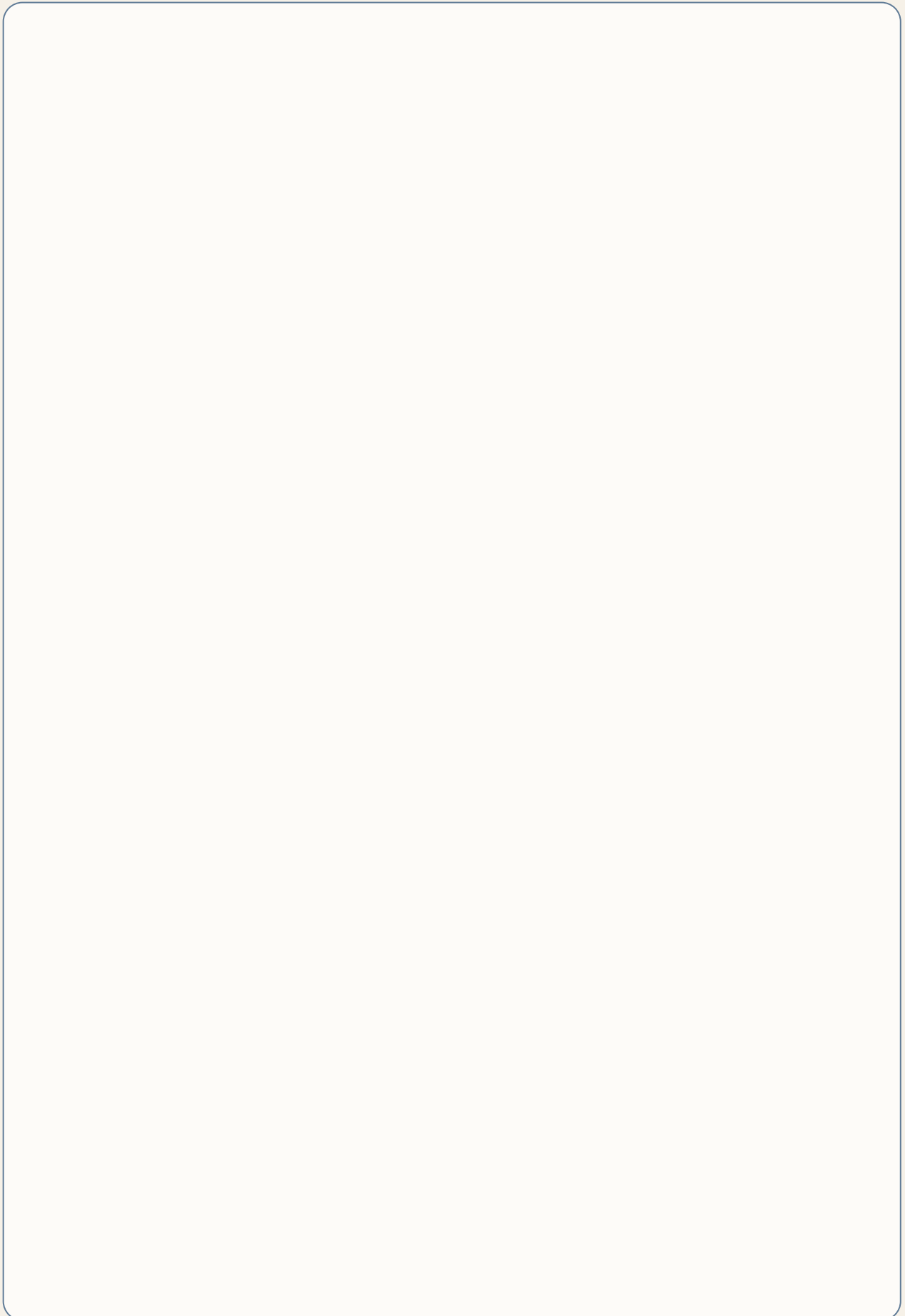
Safe Storage: Know that everything inside this container is safe and protected. Nothing can harm or disturb these positive resources. They are always available to you, ready to provide comfort and support whenever you need them.

Reconnect with the Present: Take a few deep breaths, and slowly begin to bring your awareness back to the present moment. When you're ready, gently open your eyes.



CONTAINER EXERCISE SCRIPT

Visual representation: Draw your container and fill in its contents below.

A large, empty rectangular box with rounded corners, intended for drawing a container and its contents. The box is white and occupies the majority of the page below the instruction text.