Container

Release

Intention

Container is a resource designed to help create **distance** and **space** from **negative experiences**, especially memories, thoughts, or sensations, that may come up through the process of healing and working through trauma.

There are many reasons why it might not yet be the time to work on or address a specific memory or experience. Sometimes there feels like there are already too many things being worked on to add on 1 more, sometimes something feelings too overwhelming in that moment, sometimes there is something else more pressing or important to focus on, and sometimes there is simply a need to have a break and not spend time on something until later (for example; when it might be good to wait until the next therapy session).

This resource utilizes the brain's innate capacity for compartmentalizing and storing experiences to process later. It is one of the most instinctive resources people use without realizing it. Many people have had the experience of attempting to "box" something up or "stuff it down" in order to not deal with it.

With Container, the difference is it is designed in such a way to ensure the things put inside are able to be accessed later. This helps keep it from being used to try to "lose" or forget about overwhelming or intense experiences that it may feel like there is no reason to come back to, ever. Container provides a space for these things to be stored securely and comfortably for as long as needed, while ensuring that they can be reassessed at the appropriate time.

Essential Container features:

- **Strong**: Sturdy and secure enough to hold and protect anything needing to be placed inside until later.

- **Accessible**: 2 way access, requires a method of placing things in and taking things out.

- **Comfortable**: Organized and structured in such a way that lets things rest comfortable within it for as long as needed, without things feeling cramped or messy.

References
Getting Past Your Past, Shapiro

Container
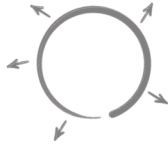
Intuition

Visualize

- **Picture a container featuring the following attributes:**
  - **STRONG; able to hold and protect securely anything that needs containment, until there is something to be done with it.**
  - **ACCESSIBLE; the ability to put things away AND take things out, when needed.**
  - **COMFORTABLE; there is the space and design for AS MUCH to be store AS LONG as potentially needed in a comfortable manner.**

Enhance

- **Describe the container and how it works in as much detail as possible. What is it made of? How is it accessed? Is it located somewhere specific or special? How is it secured and how are things stored in it?**

Connect

- **Once the container is developed, visualize stressors, triggers, and NEGATIVE memories or experiences you would like to set aside for now. SEE those things start to make their way into the container (starting with more recent and smaller ones, gradually moving bigger as feels right for now).**
- **NOTICE how it feels for those things to have a place to go where they can stay until you are ready to take them out and do something with them. What POSITIVE emotions and sensations come to mind knowing you can set those things aside until you are ready? Continue as long as you would like or until everything that needs/can go into the container for now has gone.**

Tap/Walk-in

- **TAP/WALK-IN those POSITIVE emotions and sensations you NOTICED, focusing on the fact that those NEGATIVE experiences can stay comfortably and securely in the container until you are ready to do something with them.**

Repeat/debrief

- **Continue to place things in the container as long as you would like or until everything that needs/can go into the container for now has gone. At any point you may come back to pull something out that you feel ready to do something with. You can also place other NEGATIVE experiences in the container that may come up later. You can also change and adjust your container in any way in order to ensure it continues to feel STRONG, ACCESSIBLE, and COMFORTABLE to hold all those things**