My Container

Name: Date:

Your container is an imagined vessel strong enough to hold anything that feels too big to carry between sessions: memories, images, feelings, body sensations, thoughts, or urges.

Putting something in the container does not mean ignoring it. It means you are setting it aside safely, so you can live your life and return to it with support, in session, when you are ready.

There is no right answer. Fill in what comes easily and we will build the rest together.

1. What my container looks like

It might be a vault, a chest, a jar, a safe, a locked trunk, a sealed box at the bottom of the sea, or something entirely your own.

My container is a:

DETAIL	MY CONTAINER
Material (steel, stone, wood, glass, light)	
Size and shape	
Color and texture	
How it closes (lid, lock, seal, combination)	
What makes it strong enough	
Where it lives (somewhere separate from my calm place)	

2. How things go in

Some people place things in by hand. Others turn a memory into a photograph, a film reel, a sound, a color, or a mist that flows inside.

How it works for me:

Does your container need anything extra? A one way opening, so things go in but cannot leak out? A filter? Room to expand?

3. Access

Who can open it? Only you, or you together with your therapist, in session.

How it opens (a key, a word, a code, a gesture):

4. My container word

A word or phrase that seals it, for example "locked," "held," "later," or "safe for now."

My container word:

5. Checking in after

After I put something in, I notice in my body:

If anything is still leaking out, I can strengthen the container, add another layer, or go to my calm place.

6. Between session log

After a session, your mind may keep processing. A memory, a dream, or a feeling may surface. This is a normal part of the work and often a sign that things are moving.

When something comes up, jot down just enough to remember it. A few words is plenty. Then place it in your container and visit your calm place. Writing it down is part of containing it. We will look at it together next session.

Date	What happened	Image	Thought	Emotion	Body sensation	Distress (0 to 10)	What I used

Pleasant things I noticed this week: