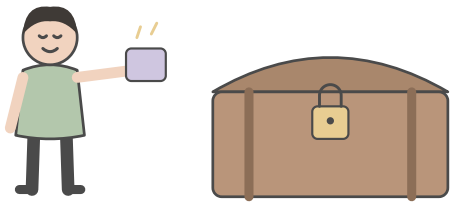
–LENSS–

My Container

A safe place to hold difficult memories until we work on them together.

A container is an imagined place where you can put upsetting memories, thoughts and feelings for safe keeping, so they don't take over your day. It isn't about burying or ignoring things. It's about choosing when to deal with them, in a safe space with support. We use it at the end of sessions and whenever you need it between sessions.



My container holds things safely, until we choose to work on them together.

Designing my container

What kind of container is it? (a safe, a chest, a vault, a jar…)	
What is it made of?	
How big is it? (it can grow as big as it needs)	
How does it close or lock?	
Who holds the key or code?	
Where is it kept?	
What does it look like? (draw it if you like)	

Using my container

1. Bring your container to mind and open it.
2. Notice what you want to put away: a memory, image, feeling, sound or body sensation. You can shrink it, turn it into a picture or a word, or put it in a smaller box first.
3. Place it inside, close the container, and lock it.



4. Put the container back where it is kept, and notice how your body feels.
5. Remind yourself: “This is safe here until I choose to work on it.”

When I have used it

Date	What I put in (a word or two)	How I felt after (0–10 settled)

“It’s safe here,
until I am ready.”