



Some thoughts, memories and feelings are too much to carry around all day. A container is a picture in your mind that **holds them safely** between sessions, so you can get on with your day and come back to them with support.

1 Build my container *A vault, a trunk, a jar, a shipping container, anything strong.*

Draw it here.

It is a: _____

It is made of: _____

Size and color: _____

It closes with: _____

I keep it: _____

2 Make sure it holds *Tick each one once it is true.*

- | | |
|--|--|
| ☐ It is strong enough to hold anything | ☐ Only I decide when it opens |
| ☐ I can add things without opening it all the way | ☐ It is stored somewhere safe, away from me |

3 Put it away

- 1 Picture whatever is bothering you: a thought, an image, a feeling or a body sensation.
- 2 Let it flow into the container in any way that works. Pour it, file it, or send it in like smoke.
- 3 Close it and lock it. Take a slow breath and notice the room around you.

4 Check in

It bothers me now: none (0) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) the most

If it will not stay closed, I can make it stronger by: _____

Your container stores things until you are ready. It is not for hiding them forever. Bring what comes up to session. This handout is for education and is not a substitute for therapy or medical care. **In a crisis, call or text 988** (veterans press 1).