

SIMPLE CONTAINER VISUALIZATION EXERCISE

● In this exercise, we will help you choose a visual that you can use to “pack away” memories, emotions, body sensations, or anything else that you are not quite ready to deal with, or that we may not have time to address in a specific session.

● Containers come in various shapes, and they can hold things for us that we are not quite ready to digest and address. What are some examples of containers that you can think of? A Mason jar? A shelf with a drawer? A piece of Tupperware? A tin? A backpack? Pick a visual representation of a container that works for you. Although many containers may work for this purpose, try to pick something that has great meaning or significance to you. What are you coming up with?



● Picture yourself opening the container. Send in or picture yourself placing whatever you may need to place in the container. Consider that this exercise is not about stuffing it away. It's simply helping you to manage the negativity until you are ready to deal with it. What are you noticing now?

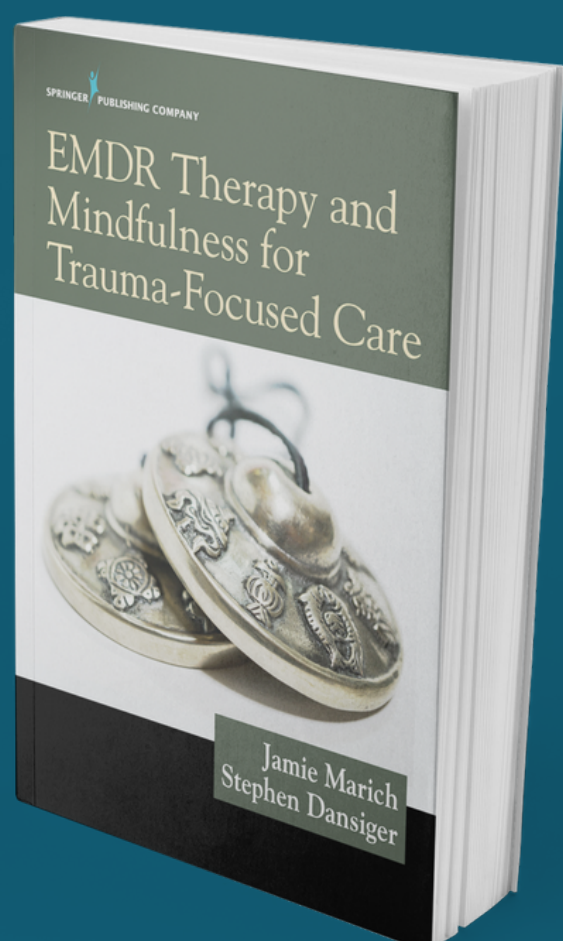
● Close the container. Notice the experience and any sensations that come up with closing the container. Remember to breath evenly. What are you noticing now?

● If you wish, you can give your container a name or a phrase. You can use this to remind you of the container if you are feeling distressed.

Source: *EMDR Therapy and Mindfulness for Trauma-Focused Care*

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