

The container



Imagine a container that is strong enough to hold unprocessed information like memories, feelings, thoughts or sensory feelings . The type of information that may pop up between sessions. What is it made of, what does it look like, make it anything it needs to be. Describe it in detail. Place memories, thoughts, feelings or anything else there. If anything comes up between sessions send it there until next session.

Note: not all intrusions are bad and they help processing. Use this container only to prevent distress getting too much or if you need the space.