

## **DEVELOPING A CONTAINER**

(Adapted from Landry Wildwind, 1998)

### **INSTRUCTIONS:**

#### **Develop and enhance:**

**Step 1. Design characteristics:** *“Have your container have the following design characteristics.”*

Strong: *“Have it be strong enough to hold what you put into it.”*

Two-way valve: *“Have a two-way valve system to take parts out rather than everything coming out at once.”*

Comfortable inside: *“Have it be comfortable enough inside so that your past experiences are willing to stay inside until you are ready to work with them.”*

Time capsule to be opened when ready (Adler-Tapia): *“When do you anticipate opening this, and what skill(s) do you need to have in place to work on all the experiences stored inside?”*

**Step 2. Imagine using the container:** *“Now imagine how it would feel if you knew you could access and use your container when disturbing experiences come up.”*

**Step 3. Enhance:** *“Tell me what positive feelings / emotions / sensations are coming up as you imagine putting things into your container.”* (Consider strengthening any positive experiences with slow BLS—tapping, butterfly, etc.)

**Step 4. Cue word:** *“Now as you focus on those positive feelings, is there a word or phrase that would represent your container? ... Think of that, and notice the positive feelings and sensations that go along with that word.”*

#### **Practice**

**Step 5. Cuing with disturbances:** *“Now think of a mildly disturbing recent experience, access your container (cue word), and notice the positive sensations that you experience when you put those disturbing experiences into your container.”*

**Step 6. Self-cuing with disturbance:** *“Now, without me talking you through it, think of another mildly disturbing recent experience, access your container (cue word), and notice the positive sensations that you experience when you put those disturbing experiences into your container.”*

#### **Integration**

**Step 7. Integrate:** *“Practice this process as often as possible between now and when we meet again.”*