

Container Exercise

1. Describe the function and purpose of the container.

We can help set aside information when we're not focusing on it, by having an image of a place or container where it can be kept until it is fully ready to be reviewed.

2. Construct the container.

"I'd like you to imagine a container that is strong, safe and secure. It can be a box, or purse, or container of any kind, really. Make it pretty, colorful, or ornate, or plain and simple, it's up to you. Let it have a top or a lid that can be closed and opened whenever you want."

"Go ahead and imagine that container now. What comes to mind? Go ahead and tell me about your container and what you have in mind."

3. Fill the container.

"Now let everything that that moving around in your mind float to into your container. Let any thoughts, memories, images or ideas go into your container.

Wait a few seconds or minute or so and ask, "What do you notice?" or "How is it going?"

Either keep filling the container or go to step 4.

4. Close the container.

"Now, with everything inside, go ahead and close the container and put it away for later use."