## EXERCISE 22 Container Exercise

Access the audio file at estrangementenergycycle.com.

Get into a relaxed position with your feet flat on the floor if sitting. Close your eyes or put them at rest, softening your gaze.

| Step 1: | Take several deep breaths as you allow yourself to relax and bring your attention inward. Identify all the things you wish to contain, things that are upsetting or require containment in not feeling safe to process in this moment. These things may be represented as objects, words, or images. |
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| Step 2: | Imagine a container to put these items in. Focus on the size, shape, color, and texture of the container. Visualize placing each item in the container, one by one.  |
| Step 3: | Check that all the desired items are successfully in the container. Visualize sealing the container and identify a safe place to store it, either real or imagined. Complete the visualization by seeing the container in this safe place.   |
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