

Name: _____

Medical Record: _____

Dates: _____

SKILL I: THE CONTAINER

Sometimes people have unpleasant or disturbing memories that they may or may not be aware of. It can be helpful to have a tool to put away disturbing material at times, and to feel you have more control over if and when you want to take something out to deal with it.

Image of a container; Fill it; Seal it; Put a valve on it that operates by your intention; sign on it: "to be opened only when it serves my healing."

You don't have to know what the disturbing material is. Your unconscious knows. We won't look at the details of any individual disturbing thing.

"Give me an image of a container sufficient to hold every disturbing thing."

I'll be turning on the theratapper, we'll fill the container, When as much has gone in as can go in at this time, I want you to indicate that by raising an index finger,

TABS: Describe container; notice lid is off now; I'd like you to form the intention of having every disturbing thing move into the container. You may see an image of smoke or oil, or perhaps pieces of paper or some liquid. Whatever you see is fine. Watch it move. Please don't look at any individual disturbing thing.

Let me know with index finger when as much is in as you think will go in at this time.

Now, put the lid on and seal it up. Weld it, glue it.

Now, become aware of a special valve with which you can take one thing out or put something in without letting anything else out.

Attach the valve.

Become aware of a sign that says: "To be opened only when it serves my healing."

TABS OFF: Let's check on our progress. As you look at the container now, what percent of every disturbing thing is contained?
_____ %

What form did every disturbing thing take as it went into the container:

TABS: Describe container; how you filled it by forming the intention that every disturbing thing would go in, how _____ % did go in. See how you sealed the container, installed the valve and the sign. Now, as you hold that image, please repeat: "I am learning to contain every disturbing thing."

TABS OFF: If positive emotion emerges: What is the positive emotion? _____ Let's work with that.

TABS: Recall image of successfully containing every disturbing thing. Become aware of the emotion _____, and notice in your body where there are sensations that accompany that emotion. Let me know by raising your index finger when you have recognized them.

TABS off: Name the sensation and body location:

TABS: As you see yourself containing every disturbing thing you become aware of the sensation of _____ in your _____ that tells you that you are experiencing the emotion of _____. Please repeat after me: "_____ tells me I am feeling _____."

Let that become completely true.