**Developing a Container**

**Access and Activate**

**1. Design characteristics**

• Strong: Have your container strong enough to hold whatever you put into it.

• Two-way system: Have a two-way system that allows you to put things in and take parts out when you choose.

• Comfortable inside: Have it comfortable enough inside so that whatever you put in will be willing to stay inside until you are ready to work with it.

• Tell me about your container.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. Imagine using the container**

• Now imagine how it feels knowing that you can use your container to put things in until you are ready to work with them.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. Deepen with BLS**

• Now slowly (tap in/walk through) that process, noticing your positive

emotions, sensations, and thoughts.

**Practice**

**4. Cue word**

• Give your container a name. Now repeat that name and the positive

feelings you have when using it.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through the client’s positive association of word and feelings)

**5. Using with disturbances**

• Think of a mildly disturbing recent experience. Put it into your container

and notice the shift you experience.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through if the client had a positive shift — focusing on the shift)

**Extend**

**6. Rescript**

1. Is there a recent situation where it would have been nice to be able to use your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(name the container)

Tell me a little about that situation. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Imagine using your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in that situation and notice how you would have felt. (name the container)

What are you noticing?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through to strengthen the positive linkage)

Optional: Repeat 1 and 2 with other recent past situations where using

the container would have been helpful.

**7. Rehearse**

1. Can you imagine a situation in the near future where your \_\_\_\_\_\_\_\_\_\_\_\_ would be helpful? (name the container)

Tell me a little about that situation.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Imagine using your \_\_\_\_\_\_\_\_\_\_\_\_ in that situation and notice how you will behave and feel. (name the container)

What are you noticing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through to strengthen the positive linkage)

Optional: Repeat 1 and 2 with other recent future situations where

using the container will be helpful.

**Closure**

I’d like you to remember the work we have done today. Use your container daily. Sometimes it will work, sometimes you may forget to use it, and perhaps, sometimes it will not work as you had hoped. When we meet again, we’ll talk about how things worked.