

Container Skill Handout

Introduction: This skill can be practiced with eyes open or closed. Take some time to get comfy and ground beforehand. This container's purpose is to hold material for when we do not have the time, energy, or mental space to process through it.

Steps:

1. Imagine a container or place to hold things.
2. Elicit details about the container.
 - a. Identify how the container opens and closes.
3. Identify something mildly annoying (not something distressing if you are starting out practicing this skill).
4. Place the annoyance into the container.
5. Close the container.
6. Put the container away.

Reflection Questions:

- What was it like practicing this skill?
- What kind of shift did you notice about the annoyance after this exercise?

Want more?

- The [Eating Disorder Center](#) offers individual eating disorder and trauma therapy for teens and adults in Maryland and Virginia!
- Please contact us at info@theeatingdisordercenter.com or 301-246-6856 for more information.

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