

EMOTIONAL ADULTING

- THE SKILLS YOU DIDN'T GET IN SCHOOL CONTAINMENT

What: Containment is a practice for coping with intense memories, intrusive thoughts, or distracting worries that pop into your head at inopportune times. Contain by mindfully setting the thought or image aside to be dealt with later. Containment consists of 4 parts: Experience, Express, Contain & Retrieve.

Where: Containment can be practiced anywhere.

When: Containment is great to do in the moment as you experience an intrusion from a memory, thought, or worry that you are unable to effectively attend to right then. You can retrieve what you have contained during a therapy session or when safe and convenient for you.

Why: It can be too difficult, distracting, or ineffective to try and process the intrusive thought when it pops into your head. Regain sense of management by containing and retrieving on your own terms.

How: Contain a thought by writing it down on a piece of paper and putting the paper away in a drawer. You can also use imagery: Imagine the intrusive image on a canvas being gently painted over. Imagine putting the memory in a box, locking the box with a key, and letting the box drift down to the bottom of the ocean. As long as there is a way to bring it back when chosen, you can contain with whatever image works best.



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