CLIENT: DATE:

Container Worksheet

Rule 1: The container must have a way for you to put your emotional "stuff" in, and a way for you to take it out.
Rule 2: The container be welcoming on the inside, so that your "stuff" will want to stay there.
Rule 3: The container must be large enough to hold all of the "stuff" youhave.
Rule 4: The container must not be attached to you in any way (such as tied to you).

MY CONTAINER:

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