



# CONTAINING NEGATIVE THOUGHTS

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**PROCEDURE:** Draw a negative feeling, thought or image and then draw it being contained in some way (e.g., within a container, surrounded by a fence, a wall, a moat, etc.).

## QUESTIONS FOR EXPLORATION:

1. How was your negative thought contained?

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2. Is the container strong or weak?

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3. Does the container actually work?

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4. How long has the container been in use?

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5. How can you lessen anxiety in your life? What are your coping techniques?

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