House Group: Values in the Groundwork - Scenario Card Exchange

30 minutes | 3-12 people | Adults with trained group facilitation

Place three chosen qualities beneath the structure and describe one small action that expresses each.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

Riley chooses honesty, care, and creativity. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Card sort - 16 minutes

Place three chosen qualities beneath the structure and describe one small action that expresses each. Using only the fictional case, make cards for the goal, a contextual barrier, an available support, an alternative, and a possible next step. Sort them into what is known, what needs checking, and what requires outside help; discuss cards that can fit more than one place.

Reflect and compare - 4 minutes

How can a value guide a choice without becoming a demand for perfection? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A card arrangement showing facts, questions, and support needs.

Scope and care

Use fictional or ordinary examples, consent, accessibility adaptations, and passing. Original educational group facilitation; not a complete treatment protocol. Do not interpret drawings or require personal disclosure. The house is an optional organizing metaphor, not an official standardized DBT instrument, safety assessment, or comprehensive DBT.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, RF-DBH. Full source links: library.morethantherapy.org/group-activities/GRP1113