# House Group: Room for Emotions - Shared Pattern Map

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

Assign rooms or colors to mixed emotions and note what each may be signaling; the maker defines all meanings.

## 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 feels relief and sadness after a change. Ask what is known, what is assumed, and what the person in the case wants.

## Practice: Mapping - 11 minutes

Assign rooms or colors to mixed emotions and note what each may be signaling; the maker defines all meanings. Each person privately maps the fictional case. Offer optional contributions to a shared map, then compare where context, access, and support change the picture. Do not interpret another person's map.

## Reflect and compare - 4 minutes

What does each feeling need you to notice? 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 map with at least two possible support or choice points.

## 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/GRP1131