House Group: A Distress Tolerance Room - Supported Practice Lab

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

Create a menu of accessible soothing, distraction, and connection options with a time to reassess.

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 quiet music and a brief check-in during a stressful wait. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Skills rehearsal - 16 minutes

Create a menu of accessible soothing, distraction, and connection options with a time to reassess. Offer speaker, support-listener, and observer roles using the fictional case. Model a brief permission-based exchange, rehearse one small part of the task, and invite a role switch only by choice. Observers notice clarity and consent rather than rating people.

Reflect and compare - 4 minutes

Which option helps without creating another problem? 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 brief practiced statement, question, or support request, plus one revision.

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/GRP1137