My House My Meaning - Concept brief

Understand the idea behind my house my meaning and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley prefers a community courtyard to a detached house.

The idea

A house can be an optional metaphor for organizing coping and support.

An ordinary example

Riley prefers a community courtyard to a detached house.

What this can look like

Choose a house, apartment, garden, or other personally meaningful structure and assign your own meanings to its spaces.

Check the fit

What metaphor fits your experience without assuming everyone has safe housing? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A house metaphor is an organizing option, not a diagnostic test, safety determination, or required way to represent experience.

Reflection

What metaphor fits your experience without assuming everyone has safe housing?

Scope and adaptation

An original DBT-informed house metaphor for educational reflection, not an official standardized DBT assessment, diagnostic drawing test, or comprehensive DBT. The maker defines meanings. Offer another metaphor if housing is sensitive, and allow omissions or fiction. Do not interpret rooms, colors, or omissions as evidence of pathology or safety.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/recovery/resources/DBH-A01-1