My House My Meaning - Review journal

Review an attempt at my house my meaning and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A house can be an optional metaphor for organizing coping and support.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What metaphor fits your experience without assuming everyone has safe housing? My optional adjustment or support request:

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-A01-5