Walls of Boundaries - Review journal

Review an attempt at walls of boundaries and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley wants privacy around messages while remaining connected to friends.

Use an ordinary or fictional example, with a clinician when appropriate. Walls can represent chosen limits rather than total isolation.

Practice task

Identify one useful boundary, one flexible opening, and a situation where safety needs outside support.

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 should this boundary protect, and how can it remain realistic? 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-A04-5