Doorways of Choice - Concept brief

Understand the idea behind doorways of choice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley pauses before sending a reactive message.

The idea

A doorway can represent a pause before acting.

An ordinary example

Riley pauses before sending a reactive message.

What this can look like

Map one ordinary choice point, a pause strategy, and a next action consistent with a current goal.

Check the fit

What helps you notice the doorway in time? 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 helps you notice the doorway in time?

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-A05-1