Doorways of Choice - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley pauses before sending a reactive message.

Use an ordinary or fictional example, with a clinician when appropriate. A doorway can represent a pause before acting.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What helps you notice the doorway in time?

4. An optional next step, support, adaptation, or reason to stop:

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-A05-2