# Windows of Perspective - Concept brief

Understand the idea behind windows of perspective and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley reads a brief reply as annoyance but has little context.

## The idea

A window can represent seeing more than one interpretation.

## An ordinary example

Riley reads a brief reply as annoyance but has little context.

## What this can look like

Write a first interpretation and two possible alternatives while retaining known facts and real risks.

## Check the fit

What can be checked before acting on the first story? 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 can be checked before acting on the first story?

## 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-A06-1