Room for Emotions - Concept brief

Understand the idea behind room for emotions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley feels relief and sadness after a change.

The idea

Different feelings can have space without requiring immediate action.

An ordinary example

Riley feels relief and sadness after a change.

What this can look like

Assign rooms or colors to mixed emotions and note what each may be signaling; the maker defines all meanings.

Check the fit

What does each feeling need you to notice? 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 does each feeling need you to notice?

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-A07-1