The Mindfulness Corner - Concept brief

Understand the idea behind the mindfulness corner and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley notices three shapes in the room rather than focusing on breathing.

The idea

Mindfulness practice can be brief, external, and adapted.

An ordinary example

Riley notices three shapes in the room rather than focusing on breathing.

What this can look like

Choose a visual detail, sound, or neutral task to notice for a short interval without requiring calm.

Check the fit

What form of attention fits your needs today? 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 form of attention fits your needs today?

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-A09-1