A Staircase of Small Steps - Review journal

Review an attempt at a staircase of small steps and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley wants to attend a group and starts by requesting information.

Use an ordinary or fictional example, with a clinician when appropriate. A staircase can show progress with pauses and alternative routes.

Practice task

Build three manageable steps toward a chosen aim, adding supports and an accessible route if steps do not fit.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What is the next feasible step, including a needed accommodation? My optional adjustment or support request:

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-A15-5