The Garden of Pleasant Moments - Practice worksheet

Plant several small, accessible activity ideas and choose one to try without promising enjoyment.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley considers a favorite song, a drawing, or a brief conversation.

Use an ordinary or fictional example, with a clinician when appropriate. A garden can represent chosen experiences that may add meaning or pleasure.

Practice task

Plant several small, accessible activity ideas and choose one to try without promising enjoyment.

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

2. My response to the practice task above:

3. What would make this experiment gentle enough to try?

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-A16-2