A Shared House by Consent - Practice worksheet

Build a fictional shared structure with optional contributions, permission before interpretation, and no requirement to display private work.

Adults; supported use as appropriate | 15 minutes

Fictional example: A group adds support ideas to a shared drawing while keeping personal notes private.

Use an ordinary or fictional example, with a clinician when appropriate. A group house can represent shared resources without requiring personal disclosure.

Practice task

Build a fictional shared structure with optional contributions, permission before interpretation, and no requirement to display private work.

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

2. My response to the practice task above:

3. How can the shared design leave room for different needs?

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-A19-2