My House My Meaning - Clinician dialogue

Guide a collaborative conversation about my house my meaning while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Riley prefers a community courtyard to a detached house.

Invite and obtain permission

Offer: "Would it be useful to explore my house my meaning using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: A house can be an optional metaphor for organizing coping and support. Ask what fits and what does not.

Guide the task

Choose a house, apartment, garden, or other personally meaningful structure and assign your own meanings to its spaces. Ask for permission before giving an example. Use this fictional illustration if useful: Riley prefers a community courtyard to a detached house.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What metaphor fits your experience without assuming everyone has safe housing? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A01-3