Foundation of Supports - Practice worksheet

List reliable supports and access gaps under an imagined structure, distinguishing available help from hoped-for help.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley has a trusted friend but limited access to quiet space.

Use an ordinary or fictional example, with a clinician when appropriate. A foundation can represent people, resources, and routines that offer support.

Practice task

List reliable supports and access gaps under an imagined structure, distinguishing available help from hoped-for help.

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

2. My response to the practice task above:

3. Which support is solid, and which needs strengthening?

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-A02-2