Walls of Boundaries - Concept brief

Understand the idea behind walls of boundaries and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley wants privacy around messages while remaining connected to friends.

The idea

Walls can represent chosen limits rather than total isolation.

An ordinary example

Riley wants privacy around messages while remaining connected to friends.

What this can look like

Identify one useful boundary, one flexible opening, and a situation where safety needs outside support.

Check the fit

What should this boundary protect, and how can it remain realistic? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A house metaphor is an organizing option, not a diagnostic test, safety determination, or required way to represent experience.

Reflection

What should this boundary protect, and how can it remain realistic?

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-A04-1