Windows of Perspective - Practice worksheet

Write a first interpretation and two possible alternatives while retaining known facts and real risks.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley reads a brief reply as annoyance but has little context.

Use an ordinary or fictional example, with a clinician when appropriate. A window can represent seeing more than one interpretation.

Practice task

Write a first interpretation and two possible alternatives while retaining known facts and real risks.

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

2. My response to the practice task above:

3. What can be checked before acting on the first story?

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-A06-2