Room for Emotions - Review journal

Review an attempt at room for emotions and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley feels relief and sadness after a change.

Use an ordinary or fictional example, with a clinician when appropriate. Different feelings can have space without requiring immediate action.

Practice task

Assign rooms or colors to mixed emotions and note what each may be signaling; the maker defines all meanings.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What does each feeling need you to notice? My optional adjustment or support request:

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-A07-5