The Relationship Room - Concept brief

Understand the idea behind the relationship room and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley asks a housemate for clearer notice about visitors.

The idea

Connection skills include clear requests, listening, and consent.

An ordinary example

Riley asks a housemate for clearer notice about visitors.

What this can look like

Draft a small request and a listening response for an ordinary interaction, then identify a negotiation limit.

Check the fit

How can clarity and respect for both people's choices coexist? 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

How can clarity and respect for both people's choices coexist?

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-A10-1