The Self-Respect Space - Concept brief

Understand the idea behind the self-respect space and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley wants to decline an extra task without making an excuse.

The idea

Self-respect can be considered alongside an immediate outcome.

An ordinary example

Riley wants to decline an extra task without making an excuse.

What this can look like

Describe one boundary or honest statement you want to preserve during a low-stakes conversation.

Check the fit

What would help you leave the interaction aligned with your priorities? 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 would help you leave the interaction aligned with your priorities?

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-A11-1