The Self-Respect Space - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Self-respect can be considered alongside an immediate outcome.

Practice task

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

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

2. My response to the practice task above:

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

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-A11-2