The Roof of Protection - Practice worksheet

Identify supports that reduce exposure to stress or harm and note what requires professional or community help.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley needs a workplace accommodation as well as a coping plan.

Use an ordinary or fictional example, with a clinician when appropriate. Protection can include services and environmental changes, not only coping skills.

Practice task

Identify supports that reduce exposure to stress or harm and note what requires professional or community help.

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

2. My response to the practice task above:

3. Which protective change belongs outside the individual?

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-A12-2