A Place for Acceptance - Concept brief

Understand the idea behind a place for acceptance and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley cannot undo a canceled plan and can ask about an alternative.

The idea

Acceptance can acknowledge a present fact without approving harm.

An ordinary example

Riley cannot undo a canceled plan and can ask about an alternative.

What this can look like

Place one current reality in the structure and list actions still available for change or advocacy.

Check the fit

What is true now, and what choice remains? 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 is true now, and what choice remains?

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-A13-1