The Repair Workshop - Practice worksheet

Map an ordinary mistake, its impact, what can be owned, and a possible repair without requiring forgiveness.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley missed an agreed check-in and wants to acknowledge it.

Use an ordinary or fictional example, with a clinician when appropriate. A repair space can support learning after a mistake.

Practice task

Map an ordinary mistake, its impact, what can be owned, and a possible repair without requiring forgiveness.

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

2. My response to the practice task above:

3. What repair can be offered without controlling the response?

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-A14-2