A Staircase of Small Steps - Concept brief

Understand the idea behind a staircase of small steps and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley wants to attend a group and starts by requesting information.

The idea

A staircase can show progress with pauses and alternative routes.

An ordinary example

Riley wants to attend a group and starts by requesting information.

What this can look like

Build three manageable steps toward a chosen aim, adding supports and an accessible route if steps do not fit.

Check the fit

What is the next feasible step, including a needed accommodation? 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 the next feasible step, including a needed accommodation?

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-A15-1