A Staircase of Small Steps - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A staircase can show progress with pauses and alternative routes.

Practice task

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

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

2. My response to the practice task above:

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

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-A15-2