The Garden of Pleasant Moments - Concept brief

Understand the idea behind the garden of pleasant moments and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley considers a favorite song, a drawing, or a brief conversation.

The idea

A garden can represent chosen experiences that may add meaning or pleasure.

An ordinary example

Riley considers a favorite song, a drawing, or a brief conversation.

What this can look like

Plant several small, accessible activity ideas and choose one to try without promising enjoyment.

Check the fit

What would make this experiment gentle enough to try? 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 would make this experiment gentle enough to try?

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-A16-1