The Utilities of Daily Care - Practice worksheet

Map supports for rest, nourishment, prescribed care, and manageable routines without offering medical instructions.

Adults; supported use as appropriate | 15 minutes

Fictional example: Riley's irregular work hours make routine care harder.

Use an ordinary or fictional example, with a clinician when appropriate. Daily needs depend on resources and health as well as habits.

Practice task

Map supports for rest, nourishment, prescribed care, and manageable routines without offering medical instructions.

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

2. My response to the practice task above:

3. Which practical support is missing from the design?

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-A17-2