The Help-Seeking Path - Concept brief

Understand the idea behind the help-seeking path and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley wants to know whom to contact when familiar coping is insufficient.

The idea

A visible route can make asking for support more concrete.

An ordinary example

Riley wants to know whom to contact when familiar coping is insufficient.

What this can look like

Draw a routine support path and a higher-support path using existing care guidance and verified contacts chosen by the person.

Check the fit

What would make using this path easier? 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 using this path easier?

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-A18-1