A Shared House by Consent - Concept brief

Understand the idea behind a shared house by consent and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A group adds support ideas to a shared drawing while keeping personal notes private.

The idea

A group house can represent shared resources without requiring personal disclosure.

An ordinary example

A group adds support ideas to a shared drawing while keeping personal notes private.

What this can look like

Build a fictional shared structure with optional contributions, permission before interpretation, and no requirement to display private work.

Check the fit

How can the shared design leave room for different needs? 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

How can the shared design leave room for different needs?

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-A19-1