Renovating My House - Concept brief

Understand the idea behind renovating my house and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley's old routine needs adjustment after a schedule change.

The idea

A house plan can be revised when circumstances change.

An ordinary example

Riley's old routine needs adjustment after a schedule change.

What this can look like

Review one area that helps, one that no longer fits, and a small redesign to discuss with support.

Check the fit

What would you keep, remodel, or leave unfinished for now? 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 you keep, remodel, or leave unfinished for now?

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-A20-1