Values in the Groundwork - Concept brief

Understand the idea behind values in the groundwork and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley chooses honesty, care, and creativity.

The idea

Values can guide the design without becoming standards of personal worth.

An ordinary example

Riley chooses honesty, care, and creativity.

What this can look like

Place three chosen qualities beneath the structure and describe one small action that expresses each.

Check the fit

How can a value guide a choice without becoming a demand for perfection? 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 a value guide a choice without becoming a demand for perfection?

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-A03-1