A Distress Tolerance Room - Review journal

Review an attempt at a distress tolerance room and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley chooses quiet music and a brief check-in during a stressful wait.

Use an ordinary or fictional example, with a clinician when appropriate. A coping space can contain short-term options for getting through a difficult moment.

Practice task

Create a menu of accessible soothing, distraction, and connection options with a time to reassess.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which option helps without creating another problem? My optional adjustment or support request:

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-A08-5