The Relationship Room - Review journal

Review an attempt at the relationship room and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley asks a housemate for clearer notice about visitors.

Use an ordinary or fictional example, with a clinician when appropriate. Connection skills include clear requests, listening, and consent.

Practice task

Draft a small request and a listening response for an ordinary interaction, then identify a negotiation limit.

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. How can clarity and respect for both people's choices coexist? 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-A10-5