The Help-Seeking Path - Review journal

Review an attempt at the help-seeking path and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley wants to know whom to contact when familiar coping is insufficient.

Use an ordinary or fictional example, with a clinician when appropriate. A visible route can make asking for support more concrete.

Practice task

Draw a routine support path and a higher-support path using existing care guidance and verified contacts chosen by the person.

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. What would make using this path easier? 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-A18-5