

BUILD YOUR DBT HOUSE

BILLBOARD

What do you want others to know about your life? (Values & Aspirations)



CHIMNEY

What do you need to release? (Negative Thoughts & Emotions)

ROOF

What protects you? (Boundaries & Safety Plan)



LEVEL 3: What helps you cope? (Adaptive Skills)



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DOOR

What can you let in or out? (Acceptance & Boundaries)

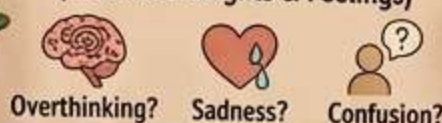


WALLS

Who and what supports you? (Support Network & Resources)



LEVEL 2: What are you experiencing? (Internal Thoughts & Feelings)



LEVEL 1: What is keeping you from stability? (Problematic Behaviors)



FOUNDATION: What is essential to your wellbeing? (Self-Care & Values)



Sleep?



Nutrition?



Mindfulness?

LOOK AT THE WHOLE HOUSE Reflection Box

(Reflect on your finished house for patterns)

