



(<https://crazyforcounseling.files.wordpress.com/2014/01/dbt-house.jpg>).

On each part of the house, have them write:

- Floor – values of their life
- Roof – things or people who protect you
- Walls – things or people who support you
- Door – things you keep hidden from people
- Chimney – ways you blow off steam
- Billboard – things you are proud of and want others to see

On each level of the house, have them write:

- Level One – behaviors you want to change or gain control over
- Level Two – emotions you want to experience more or in a more healthy way
- Level Three – things you're happy about or want to feel happy about
- Level Four – what is a life worth living?

Very quickly it became clear that this was a project the clients really enjoyed. Normally, it is difficult to engage the clients in an activity, but with the DBT house, they were all quiet and taking the activity seriously. I did not ask that the clients share the specifics of what they wrote on their houses, but instead kept the conversation talking about general themes.

We discussed various aspects such as:

- What was the purpose of this activity?
- What did the clients learn about themselves?
- Was there any difference between who they wrote on the roof and who they wrote on the walls?
- What is the difference between the people who support us and the people who protect us? How do we draw that distinction?
- What was the hardest part of the activity?
- What was it like to think of what you would place on your billboard?

Billboard:
Things you are
proud of and
want others
to see

Chimney:
ways you
"blow off
steam"

Roof:

People/Things that
protect you

Level 4:

List or draw what a "life worth living"
would look like for you.

Level 3:

List all the things you are happy
about or want to feel happy about.

Level 2:

List or draw emotions you want to experience
more often,
or in a more
healthy way.

Door:
things you
keep hidden
from
others.

Level 1:

List behaviors
to gain control
your life you

you are trying
of or areas of
want to change.

Foundation: values that govern your life

Walls: Anyone/thing that supports you