

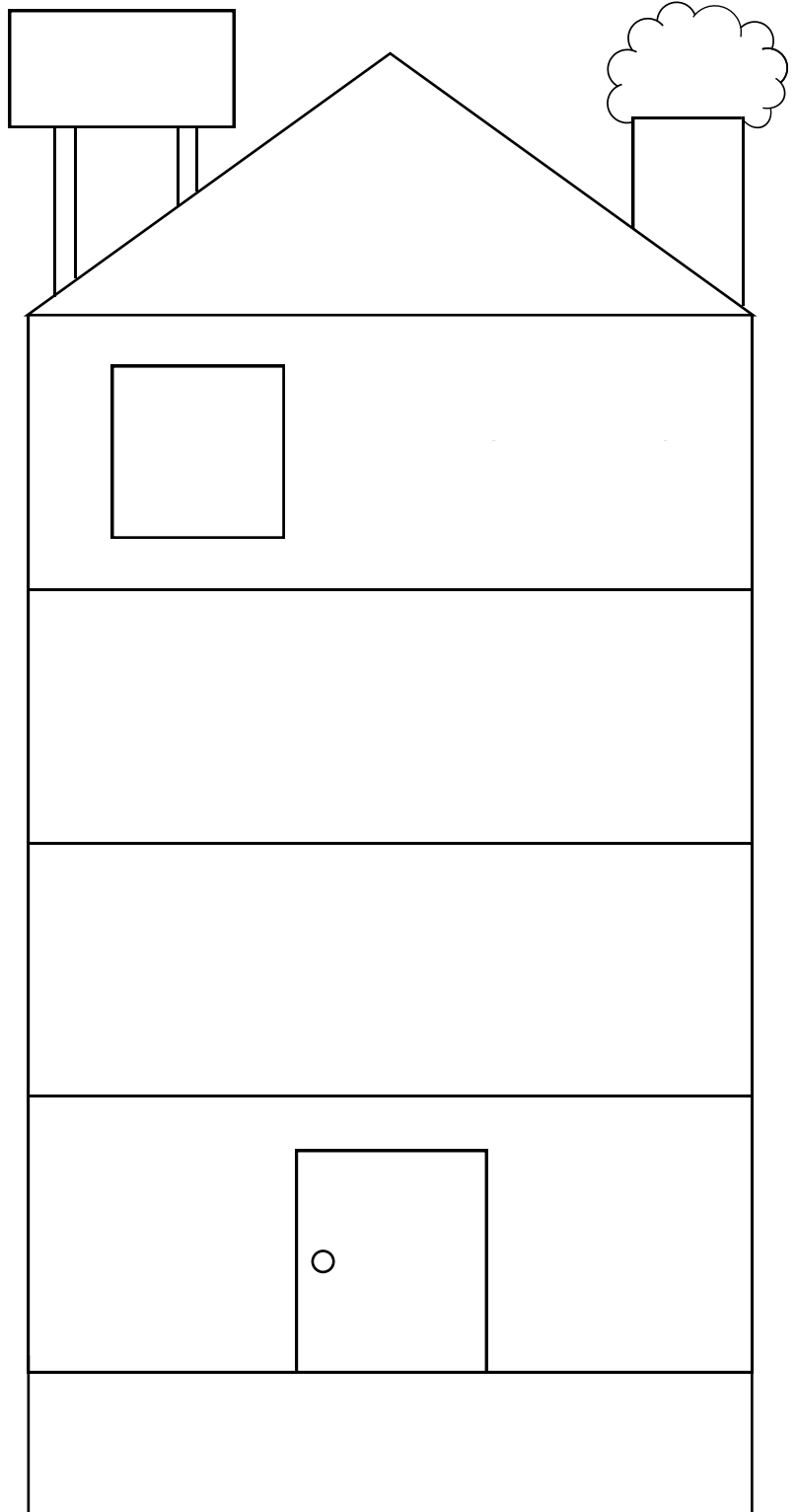
# DBT House Worksheet

Your full name: \_\_\_\_\_ Date submitted: \_\_\_\_\_

Your therapist's name: \_\_\_\_\_

Please draw and fill this house based on the following questions:

- **Foundation:** What are your core values?
- **Walls:** Who supports you? Make sure that these are the people you truly count on.
- **Roof:** Who protects you and makes you feel safe?
- **Chimney:** How do you blow off steam/cope?
- **Front door:** How easy can you open up to people?
- **Windows:** What are your dreams and aspirations? How do you view certain things like what's popular, what's not popular, your hobbies, religion, societal norms, etc.?
- **The basement:** What do you usually hide from others?
- **First floor:** What aspects of your life would you like to change?
- **Second floor:** What feelings and emotions would you like to experience more?
- **Third floor:** What do you feel happy about? What do you want to feel happy about?
- **Fourth floor:** To you, what is a life worth living, and what does that look like for you?
- **Billboard:** What are you proud of?



**Instructions:** After drawing and filling up your DBT house, it's time to elaborate on your drawings. Describe the reasoning behind your drawings or what they represent to you? Try to be as detailed as possible. The information you write will help your therapist determine the kinds of skills you should learn throughout your sessions, and develop various coping strategies for you to try.

**Foundation**

**Walls**

**Roof**

**Chimney**

**Front door**

**Windows**

**The basement**

**First floor**

**Second floor**

**Third floor**

**Fourth floor**

**Billboard**