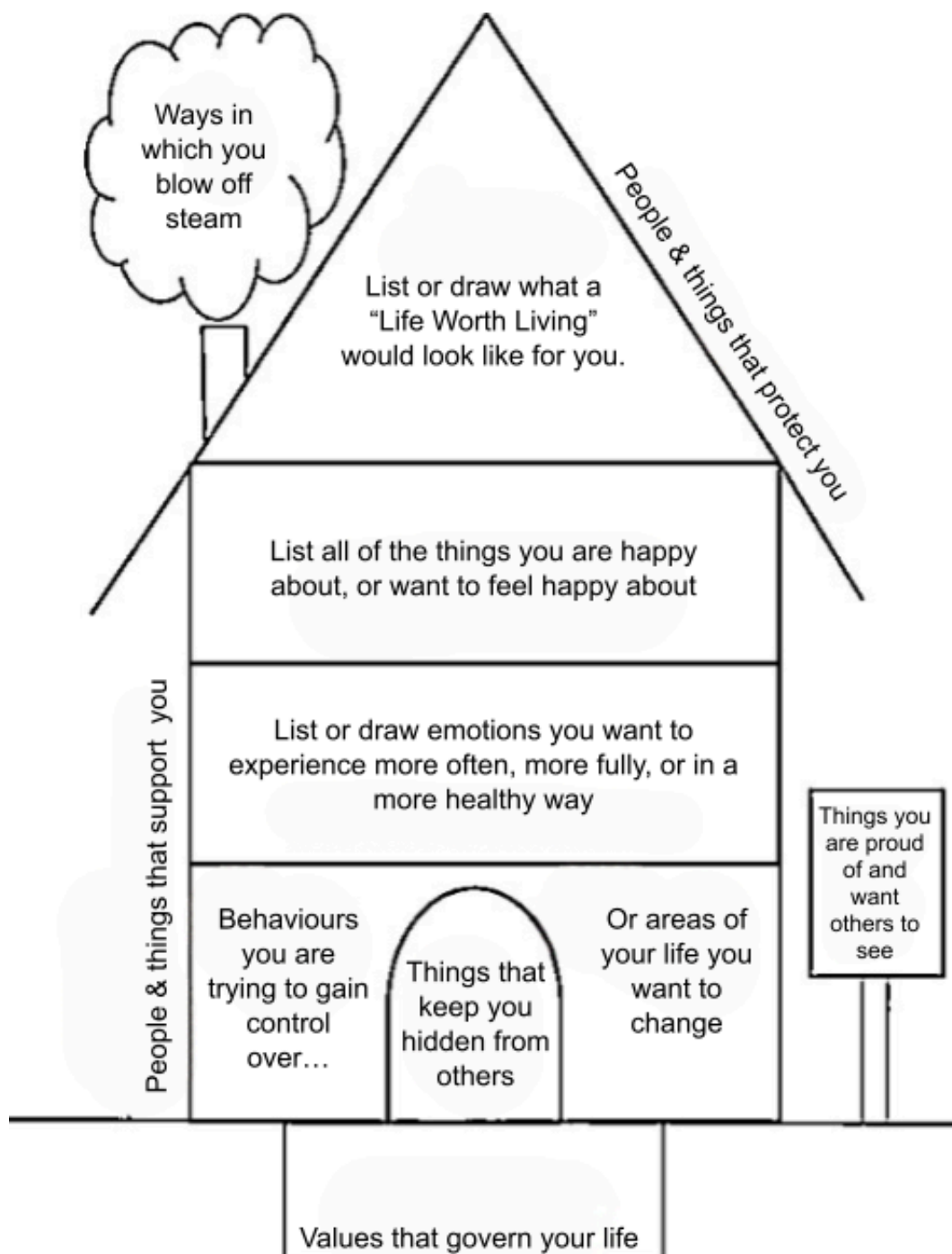


# DBT House Worksheet

The DBT House is a reflective exercise designed to help you visually explore and understand your inner world. Each part of the house symbolizes a unique aspect of your thoughts, emotions, and coping abilities.

As you engage with the prompts for each section, take time to reflect deeply and thoughtfully. Whether you prefer to write or draw your responses, place them directly into the corresponding parts of the empty house to create a personal and meaningful representation of your internal experience.



# DBT House Worksheet

Name:

Date:

