

DBT House

On each section of the house, list or draw your answer to the prompt.

People / things that protect you

Ways you blow off steam

Your goals for your future and / or a life worth living

Emotion you experience often and would like to experience in a healthler way

Things in your life that you are proud of or happy about

Things you would like to change in your life

Things you keep hidden

Your foundation, or your core values

People and things that support you