

# 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 healthier way**

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

**Things you keep hidden**

**Things you would like to change in your life**

**Your foundation, or your core values**

**People and things that support you**