

Emotional Supports Dialectical Behavioral Therapy House Exercise

This can be utilized for anyone from Children to Adults to help you truly get a visual of how you are supported both internally and externally in your life. Often times we may not feel supported, so this exercise is to highlight what you have and what you can hopefully work towards gaining in your life. Grab a loose leaf of paper to do the exercise.

Foundation- On the floor of the house, write the values that govern your life

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Walls- Along the walls, write anything or anyone who supports you.

Roof- On the roof, name the things or people that protect you.

Door- Write the things that you keep hidden from others

Chimney- Coming out of the chimney, write down ways in which you blow off steam.

Billboard- On the billboard, write the things that you are proud of and want others to see.

Next move to the inside of the house, you may want to take a deep breath and do some mindful breathing before proceeding.

Levels of the House:

Level 1: list behaviors that you are trying to gain control of or areas of your life you want to change.

Level 2: list or draw emotions you want to experience more often, more fully, or in a more healthy way.

Level 3: list all the things you are happy about or want to feel happy about.

Level 4: list or draw what a "Life Worth Living" would look like for you.

Evaluate what you have in your "House", what is it missing? What is it full of that maybe you have been over looking or not paying attention to? Are there things that you can be grateful for that bring more joy to your life? Respond below:



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