DBT-MIND · FREE PRINTABLE

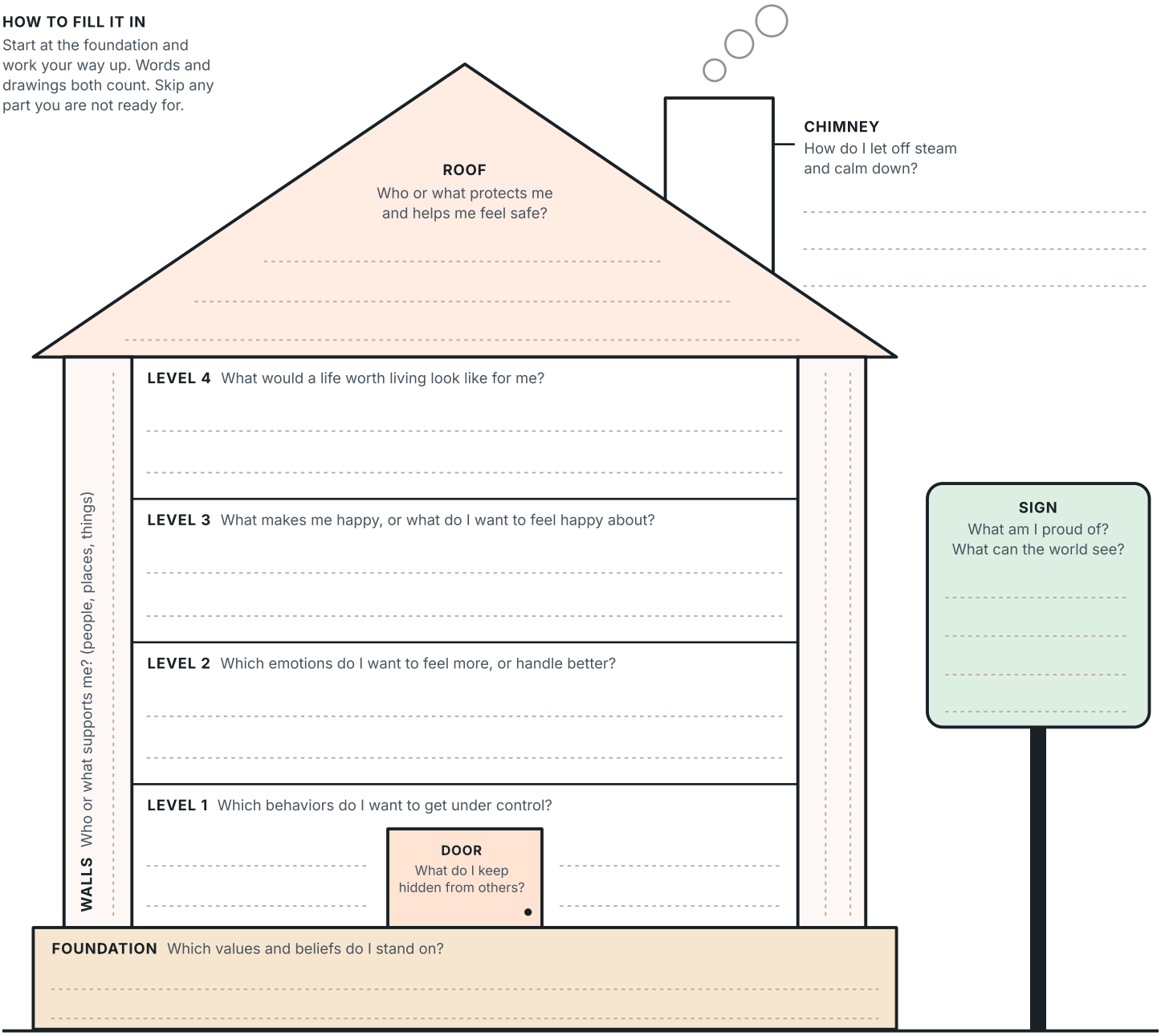
DBT House Worksheet

Picture yourself as a house: what you stand on, who holds you up, what you keep inside and what you are building toward.

DBT ACTIVITY · ALONE OR IN A GROUP · WRITE OR DRAW

HOW TO FILL IT IN

Start at the foundation and work your way up. Words and drawings both count. Skip any part you are not ready for.



No scoring, no wrong answers. Your house only describes how things are for you today. The DBT House is an activity shared among DBT therapists, and versions differ. The wording and layout of this sheet are our own. If a part brings up more than you can hold, stop there and talk to someone you trust.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dbt-house

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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