



Printable DBT House Worksheet

The diagram is a line drawing of a house used for a DBT worksheet. It consists of a large rectangle for the main body, divided into four horizontal sections. The roof is a triangle on the right side. A chimney is on the right side of the roof, with a cloud-like shape above it. A door is on the bottom left of the main body, with a small rectangular handle. A signpost with a rectangular sign is on the left side of the house. A box with instructions is on the left side of the house.

Level 1 - list or draw behaviours or areas of your life you want to change
Level 2 - list or draw emotions you want to experience more
Level 3 - list or draw things you feel happy about or want to feel happy about
Level 4 - list or draw what a Life worth living or a perfect life would look like for you.

Roof- who protects you?
Walls - who supports you?
Door-what do you hide from others?
Chimney - how do you blow off steam or calm down?
Foundation - values in your life
Billboard - what are you proud of?

References

1. Swales, M. A., & Heard, H. L. (2017). Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings. <https://psycnet.apa.org/record/2017-42211-006>
2. Counselor, S. I. (2019, July 19). Beginners guide to using a DBT house for school counseling. Simply Imperfect Counselor. <https://simplyimperfectcounselor.com/beginners-guide-using-dbt-house/>

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.