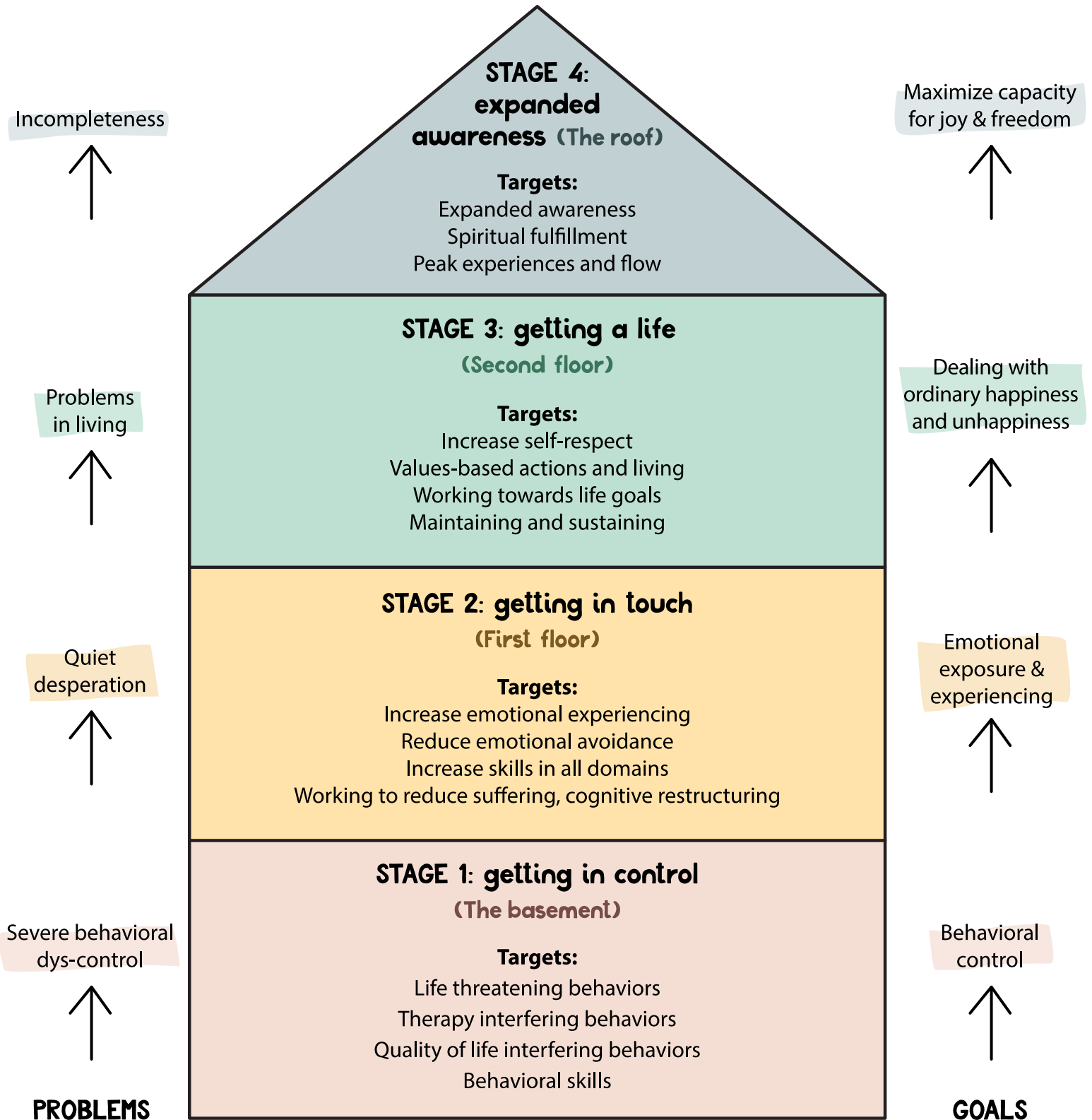


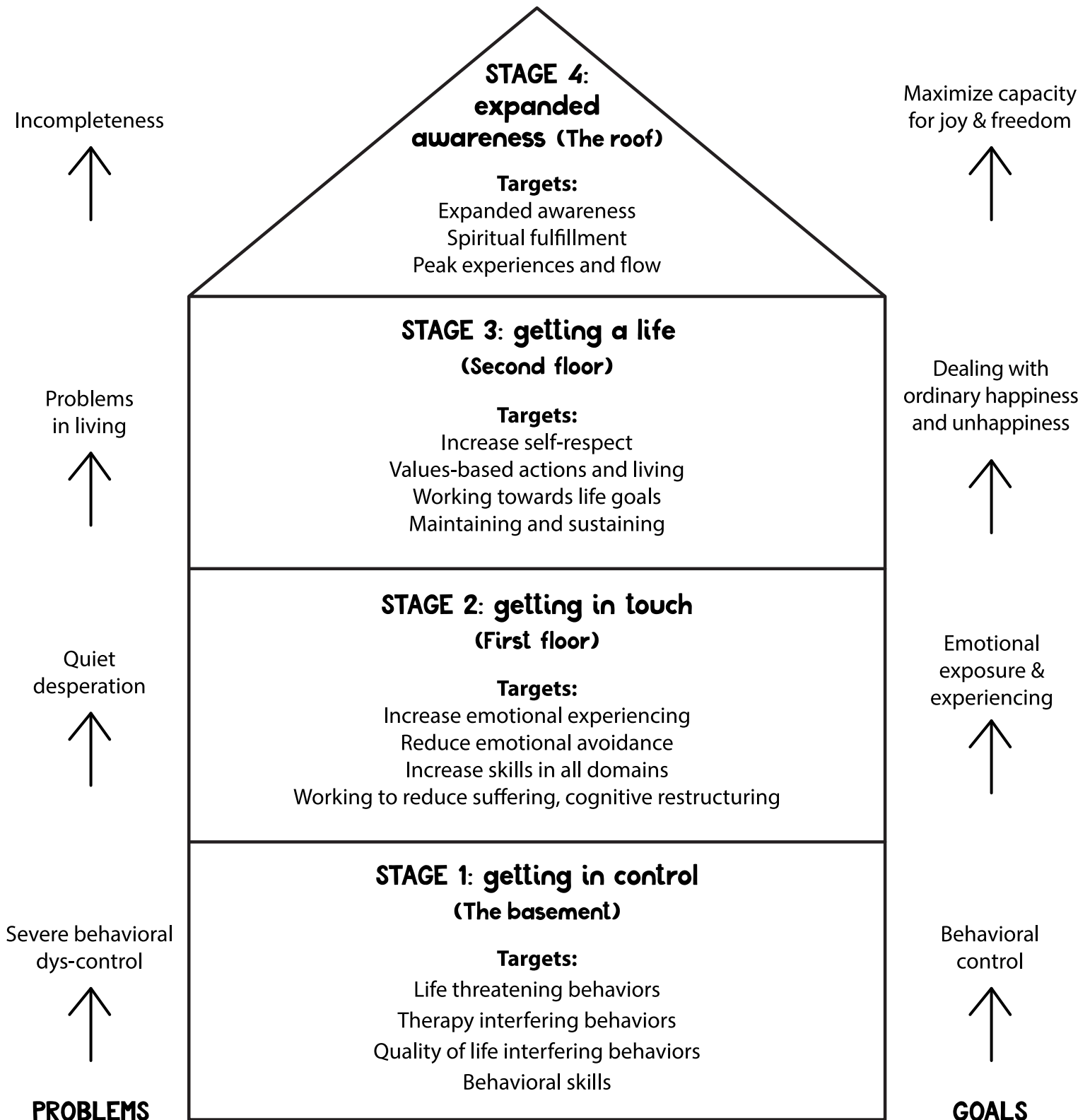
# DBT HOUSE

The DBT (Dialectical Behavior Therapy) house is a great exercise for children to connect with their feelings, recognize them and deal with situations they are facing. It can be a great tool that can be adapted and used for so many situations such as child struggling with grief, anger, divorce, self-esteem, etc.



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Billboard: what things are you proud of and want others to see?

Roof:  
People/things that protect you

In what ways do you "blow off steam"?

Chimney

List or draw what a "life worth living" would look like for you

List things that you are happy about or want to feel happy about

List or draw emotions you want to experience more often, more fully, or in a healthier way

What things do you keep hidden from others?

List behaviors you are trying to gain control of...

...or areas of your life you want to change

Foundation: values that govern your life

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