

We modified the DBT House* activity to include a grief component. This activity is a great way to allow a client the opportunity to explore his/her grief journey in the context of other areas in his/her life. The activity may be used during an individual session and it works great during family sessions. You could also use this activity in a group setting.

Supplies Needed:

- Paper
- Drawing utensils (pen, markers, colored pencils)

Step 1: Outline of house

Instruct the client to draw the outline of a house with the following requirements.

- 4-story house
- a door
- a chimney
- a flag

Note: I've noticed that all my client's draw a house that looks different and this is okay. It seems that the house drawn is a good representation of the client's personality, so allow them the freedom to draw it without expecting it to look a certain way. Here is an example, but remember, it is only an example. Encourage creativity!



Step 2: Fill in the parts of the house

Instruct the client to complete the following parts of the house:

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

Walls: On the walls of the house, write the people or things who support you.

Roof: On the roof of the house, write the things or people that protect you.

Chimney: Coming out of the chimney, write ways that you blow off steam.

Flag: On the flag, write what you want people to know about you.

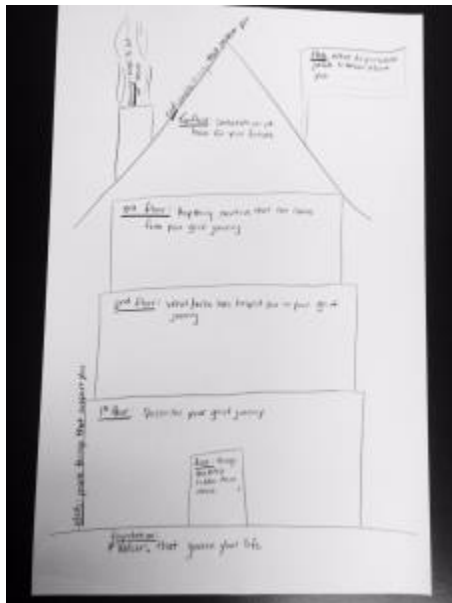
Door: On the door, write the things that you keep hidden from others.

1st Floor: On the 1st floor, write words that describe your grief journey.

2nd Floor: On the 2nd floor, write things that have helped you in your grief journey.

3rd Floor: On the 3rd floor, write anything positive that may come from your grief journey.

Top Floor: On the top floor, write a declaration of hope for your future.



**Dialectical Behavior Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities for Children and Adolescents: A Learning Supplement, 1st Edition by Riddoch & Eggers Huber Christensen*

My Grief House: My Journey

Step 1: Outline of house

Draw the outline of a house with the following items:

- 4-story house
- A door
- A chimney
- A flag

Step 2: Fill in the parts of the house

Complete the following parts of the house:

- Foundation: On the floor of the house, write the values that make up your life.
- Walls: People or things that support you.
- Roof: Things or people that protect you.
- Chimney: Coming out of the chimney, write ways that you blow off steam.
- Flag: What you want people to know about you.
- Door: Things that you keep hidden from others.
- 1st Floor: Write words that describe your grief journey.
- 2nd Floor: Things that have helped you in your grief journey.
- 3rd Floor: Anything positive that may come from your grief journey.
- Top Floor: A declaration of hope for your future.

