



The Roof

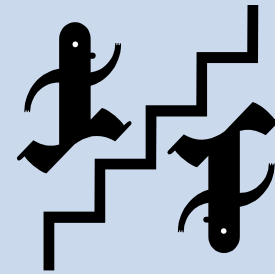
Life beyond therapy!
Getting out of “the system” and into life
Spiritual experiences, traveling to distant
lands, contributing to the world, etc.

Stage 4:
Incompleteness

Stage 4 Goals:
Maximize
capacity for
joy & freedom

Stage 3:
General
Problems in Living

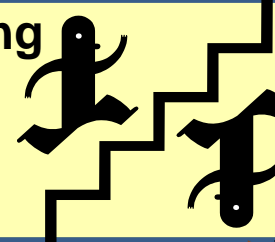
Second Floor: Get Engaged
Work toward meaningful life goals
Values-based actions & living
Increase self-respect
Maintaining & Sustaining



Stage 3 Goals:
Dealing w/
Ordinary
Happiness &
Unhappiness

Stage 2:
Misery & Quiet
Desperation

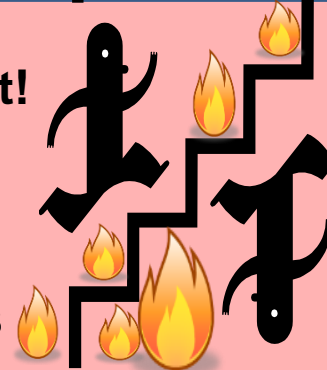
First Floor: Exposure/Experiencing
Increase emotional experiencing
Reduce emotional avoidance
Increase skills in all domains



Stage 2 Goals:
Emotional
Exposure &
Experiencing

Stage 1:
Severe Behavioral
Dyscontrol

HELL **The Basement: Get out!**
Reduce Life-threatening behaviors
Treatment-destroying
& interfering behaviors
Quality-of-Life interfering behaviors



Stage 1 Goals:
Behavioral
Control

**Stages
& Targets**



Goals



The House of DBT®