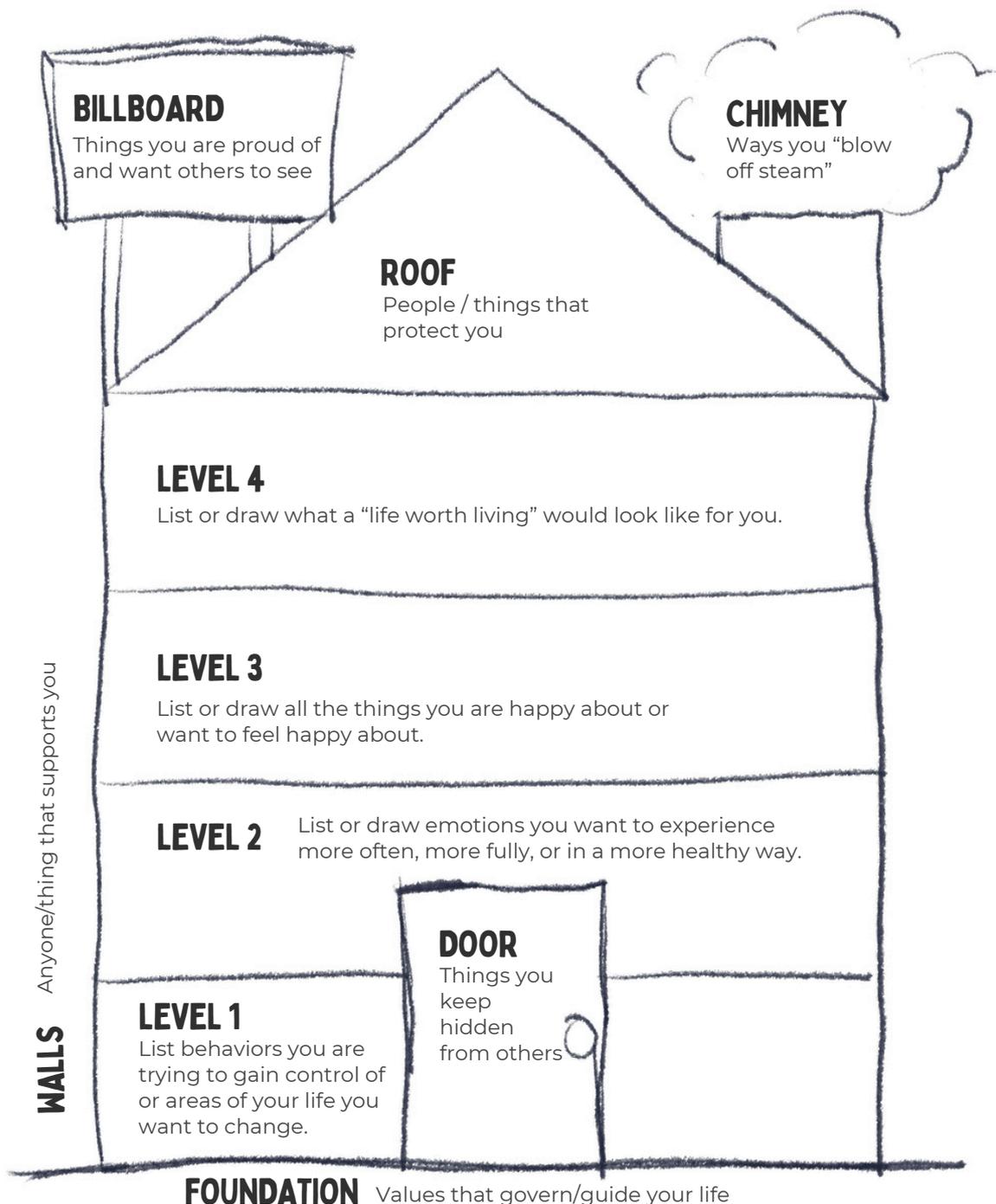




DBT HOUSE ACTIVITY

In Episode 8, “Using your values to unlock your rebel” with Kaitlyn Kenealy, we explore a favorite tool of Kaitlyn’s and common DBT (dialectical behavior therapy) activity that can help you connect to your strengths, ways of coping, your support system, core values, and more – all of which can help you explore your inner rebel.



Add to the house below – or draw your own!

