

## Build a House Activity

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

Walls- Along the walls, write anything or anyone who supports you.

Roof- On the roof, name the things or people that protect you.

Door- Write the things that you keep hidden from others

Chimney- Coming out of the chimney, write down ways in which you blow off steam.

Billboard- On the billboard, write the things that you are proud of and want others to see.

### Levels of the House:

Level 1: list behaviors that you are trying to gain control of or areas of your life you want to change.

Level 2: list or draw emotions you want to experience more often, more fully, or in a more healthy way.

Level 3: list all the things you are happy about or want to feel happy about.

Level 4: list or draw what a "Life Worth Living" would look like for you.