

SOAR Educational and Mental Health Therapy

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House Mapping

Finding the room a behavior comes from — and choosing a different room to answer from

Imagine that you are a house. Not one single room — a whole house, with a front porch, a kitchen, a basement, a security system, and a back door. Different parts of you live in different rooms. Each part took its room for a reason, and each one has a **job** it believes it has to do to keep you safe.

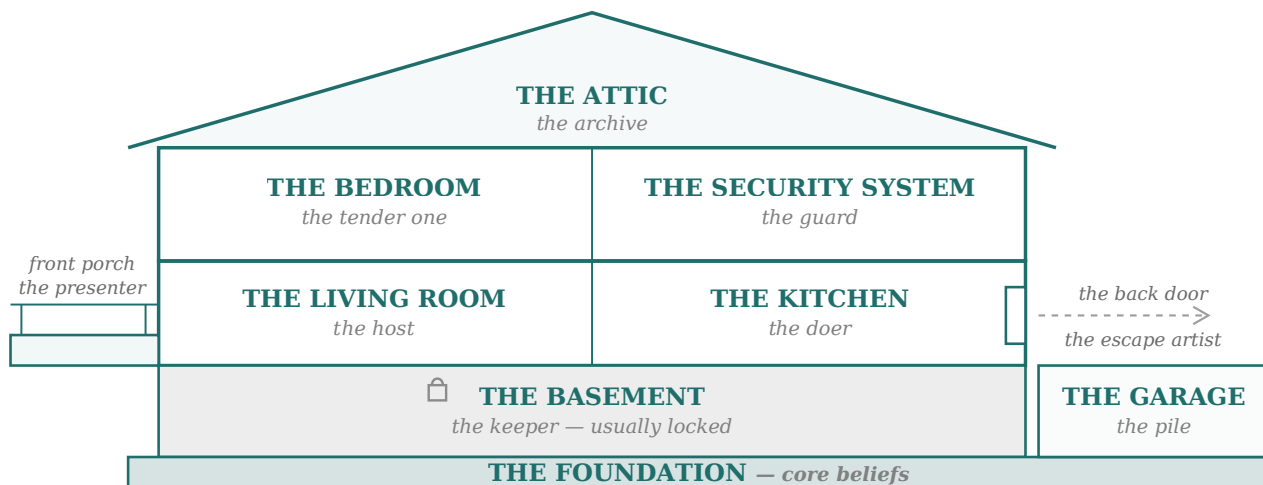
Behaviors we want to change — blowing up, shutting down, scrolling for three hours, saying yes when we mean no, drinking, skipping school, disappearing on people — almost never come from the whole house. They come from *one room*. When the doorbell rings, one part gets there first and answers for everybody. Mapping your house helps you notice *who is answering the door*, thank that part for its job, and then decide, on purpose, which room you want to answer from instead.

The one rule of house mapping: no room gets demolished. There are no bad parts of you and no bad rooms. A part that hurts you now was probably protecting you then. We are renovating, not tearing down.

How to use this worksheet

1. **Meet the rooms.** Read through the rooms and note what each one looks like in your house.
2. **Draw your floor plan.** Put the rooms where they actually feel like they are.
3. **Map one behavior.** Take a single behavior you want to change and walk it back to the room it came from.
4. **Make a renovation plan.** Choose the room you want to answer from, and one small change for the week.
5. **Walk the house for a week.** Check in once a day, then bring what you noticed to session.

Go slowly, and skip anything that doesn't fit. Some rooms will be obvious right away; others take a few weeks to find. If a room feels locked, you can note that it exists and leave the door closed for now — that is useful information all by itself, and it does not have to be opened alone.



One house in cross-section. Yours will have different rooms in different places — you'll draw it in Step 2.

Step 1 Meet the rooms

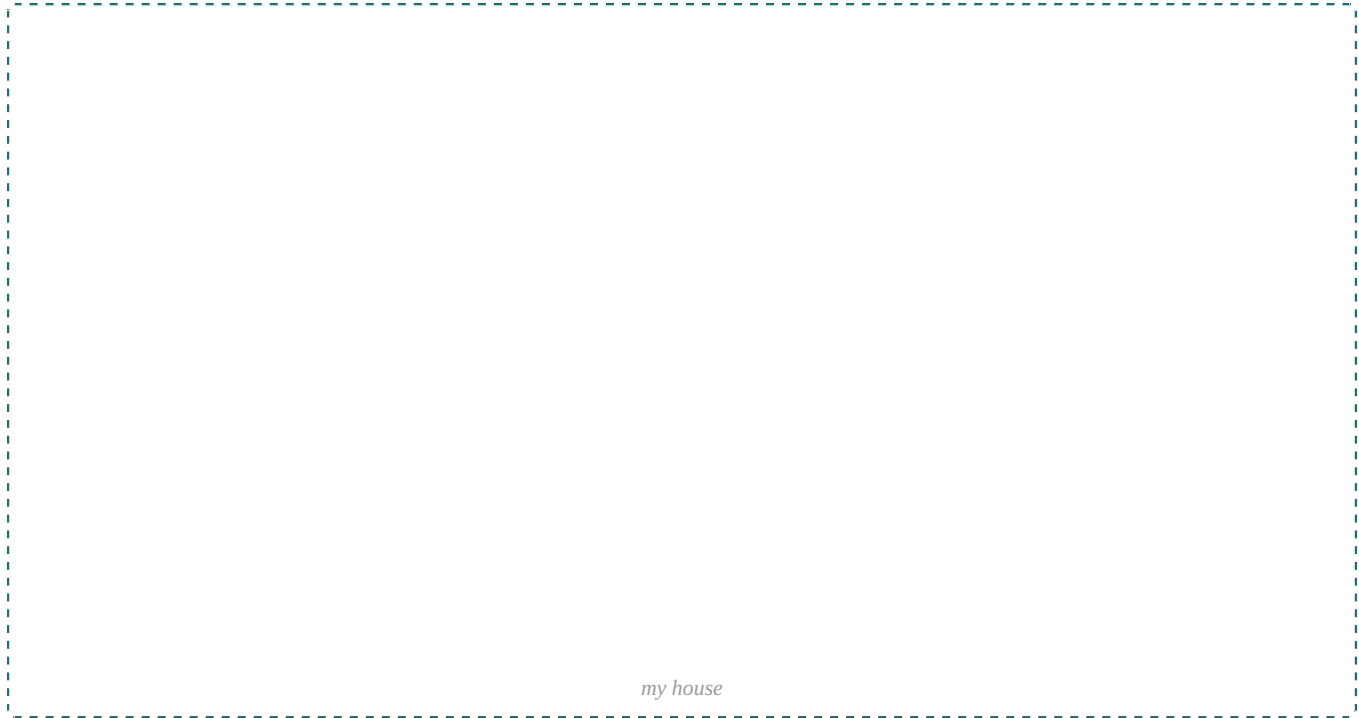
Read each room. In the last column, write what that room looks like *in your house* — what it sounds like, what you do when you're in it, who taught it to you. Skip any that don't fit. Add rooms of your own at the bottom.

Room	What lives there	What it can look like	In my house...
The Front Porch <i>The Presenter</i>	The version of you people meet first. Polished, pleasant, managed.	Performing, people-pleasing, saying "I'm fine."	
The Living Room <i>The Host</i>	Your steady, grounded self. Curious, warm, able to be with people <i>and</i> with yourself.	Listening, choosing, staying in a hard conversation.	
The Kitchen <i>The Doer</i>	Where you feed, fix and take care. Always something on the stove.	Over-functioning, caretaking, staying busy so you don't have to feel.	
The Bedroom <i>The Tender One</i>	The soft part. Needs rest, comfort, closeness, and to be known.	Withdrawing, longing, shutting the door, or never going in at all.	
The Security System <i>The Guard</i>	Scans for danger and rejection. Believes the house is only safe if someone is watching.	Anger, control, criticism, testing people, bracing for the worst.	
The Back Door <i>The Escape Artist</i>	The fast exit when feelings get too big. Nobody sees you leave.	Scrolling, substances, bingeing, ghosting, shutting down, walking out.	
The Basement <i>The Keeper</i>	Where the heaviest things got put so you could keep functioning. Usually locked.	Shame, grief, fear, old memories. Leaks upstairs when the house gets full.	
The Attic <i>The Archive</i>	Old rules and inherited messages. Boxes you never packed yourself.	"We don't talk about that." "Don't be a burden." "Be good and you'll be safe."	
The Garage <i>The Pile</i>	Unfinished things and avoided tasks. You park somewhere else rather than open it.	Procrastination, dread, the growing list, the unopened mail.	
The Foundation <i>Core Beliefs</i>	What the whole house is built on. You can't see it, but every room sits on it.	"I'm too much." "I'm not enough." "If I need people, I'll be left."	
My own room:			
My own room:			

Also in every house: **Windows** — how much you let people see in. **Locked doors** — subjects that are off-limits. **Guests** — whose voices are still walking around inside.

Step 2**Draw your floor plan**

Draw your house however it comes out — boxes and labels are fine, and so is a real floor plan. Put the rooms where they actually feel like they are. Mark the doors you use most with an arrow, the locked ones with an **X**, and the room where you spend the most time with a star. Shade any room that feels crowded, cold, or too full.



my house

After you draw, notice:

Which room do I spend the most time in? What does living there cost me?

Which room have I not been in for a long time?

Which room do I go to when I'm hurt, scared, or overwhelmed?

Which room would other people say I live in? Is it the same one I'd say?

Whose voice is in the attic — who taught me the rules I'm still following?

Step 3 Map one behavior

Pick **one** behavior you want to change. Not the biggest one — one you can actually get curious about this week. Then walk it back to the room it came from.

The behavior I want to change — *be specific: what I do, when, and how often*

The moment right before it — what happened, what I felt in my body

Which room was I in? Who answered the door?

What is that part's job? What is it trying to protect me from?

How old does that part feel? When did it first take this job?

What it says — out loud, or in my head *(write it in that part's own words)*

What this behavior actually does for me — the part that works *(it wouldn't stick around if it did nothing)*

What it costs me — relationships, health, goals, self-respect

What's in the foundation underneath it — the belief that makes this behavior make sense

What that part is afraid would happen if it stopped doing its job

The room I want to answer from instead

What the me-in-that-room actually *does* in that exact moment — one or two concrete actions

What I want to say to the protective part — thanking it, not firing it *e.g. “You learned this when nobody was helping me. I’m trying something else. You can stay.”*

My early-warning system

The alarm goes off before the behavior does. Name your signals so you can catch the moment while you still have a choice.

In my body

In my thoughts

My first small move

toward the old behavior

One renovation this week — *pick one; small and specific beats ambitious*

- ☐ Close a back door — remove or slow down one escape route.
- ☐ Unlock a door — say one true thing to one safe person.
- ☐ Spend ten minutes in a room I’ve been avoiding, or turn the alarm down with one grounding practice.
- ☐ Air out the attic — write down one inherited rule and ask whether I still agree with it.
- ☐ Repair the foundation — collect one piece of evidence against the core belief.
- ☐ Clear one item out of the garage, or something else of my own.

Exactly what I will do, and when

Who can be in the house with me — who I’ll tell, and what I’ll ask for

How I’ll know it worked — *something small I could actually notice by Sunday*

Step 5 Walk the house this week

Once a day, check in. You are not grading yourself — you are gathering information. A day where the old behavior showed up *and you noticed which room it came from* is a successful day.

Day	Which room answered the door?	What was happening	What I chose — old way, new way, or a bit of both	Old behavior 0–10
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

End of the week

Which part showed up the most? What did it need?

One moment I answered from a different room — what made that possible?

What I want to bring to my next session

Parts don't move out because we shame them. They step back when they trust that someone competent is home. Every time you notice which room you're in and choose on purpose, you are showing the whole house that the Living Room is occupied.

Nan Kurz, PhD, LPC

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Once completed, this worksheet contains personal information. Store it securely or bring it to session rather than leaving it where others can read it.