



Nurture Play Structure[®]

Our Bodies ~ How do our bodies experience the world?

	Play	Structure
Waking & Sleeping:	<ul style="list-style-type: none"> • Wakes later (~9AM-11AM) • Sleeps later (~11PM-1AM) 	<ul style="list-style-type: none"> • Wakes Earlier (~6AM-8AM) • Sleeps Earlier (~8PM-10PM)
Readiness:	<ul style="list-style-type: none"> • Takes time to “get going” 	<ul style="list-style-type: none"> • Wakes up already feeling behind on the tasks for the day
Processing:	<ul style="list-style-type: none"> • Processes later in the day • Prioritizes emotional processing (<i>what feels right</i>) 	<ul style="list-style-type: none"> • Processes earlier in the morning • Prioritizes cognitive processing (<i>what makes sense</i>)
Timeliness:	<ul style="list-style-type: none"> • Often late • More spontaneous 	<ul style="list-style-type: none"> • Regularly early • Typically scheduled
Appreciation:	<ul style="list-style-type: none"> • Rewarding experience 	<ul style="list-style-type: none"> • Completed task(s)
Safety/Intimate Trust:	<ul style="list-style-type: none"> • Prioritizes feeling 	<ul style="list-style-type: none"> • Prioritizes knowing
Relational Power:	<ul style="list-style-type: none"> • Often takes on “Child” role 	<ul style="list-style-type: none"> • Often takes on “Parent” role
Bodily Processing:	<ul style="list-style-type: none"> • Processes more in the body (<i>feeling</i>) 	<ul style="list-style-type: none"> • Processes more in the head (<i>thinking</i>)
Timeframes for Emotional Processing/Regulation:	<ul style="list-style-type: none"> • More short term processing • Shorter recovery • Immediacy (<i>here and now</i>) 	<ul style="list-style-type: none"> • Tendency for longer processing • Extended recovery • Prolonged (<i>big picture</i>)
Values:	<ul style="list-style-type: none"> • Internal approval • Experience (<i>how did that feel</i>) 	<ul style="list-style-type: none"> • External approval • Performance (<i>how will I be viewed</i>)

Nurture, Play, Structure; A Therapeutic Model developed by Phillip Bass of Trinitas Services.
“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”

www.nurtureplaystructure.com