



Nurture, Play, Structure®

A Therapeutic Model developed by Phillip Bass of Trinitas Services

NURTURE	PLAY	STRUCTURE
<p>What do you need?</p> <ul style="list-style-type: none"> To know you are loved. To know you are nourished. To know you are protected. To receive healthy touch. 	<p>What do you want?</p> <ul style="list-style-type: none"> What brings you joy? 	<p>How do you communicate your wants and needs?</p> <ul style="list-style-type: none"> How do others know your rules of engagement?
<p>Productive action is being intentional about naming and meeting our needs.</p> <ul style="list-style-type: none"> Nurture intentionally meets needs. Creates relational experiences. 	<p>Play invites aspiration.</p> <ul style="list-style-type: none"> When we play, we dream. Play centers us in the here and now, while at the same time allowing us to be elsewhere. 	<p>Destructive reactions occur when we are not intentional about naming and meeting our needs.</p> <ul style="list-style-type: none"> When prioritized, Structure leads to obligation. Creates transactional experiences.
<p>Building a stage.</p> <ul style="list-style-type: none"> When we prioritize Nurture and then Play, we build a stage on which the world can view and know us. “To delight in the delight of another.” 	<p>Building trust.</p> <ul style="list-style-type: none"> Play builds trust in self and others. Play is restorative to self and to relationships with others. 	<p>Building a cage.</p> <ul style="list-style-type: none"> When we prioritize Structure, we build a cage in which we feel trapped in or out of something. “To try to please another.”
<p>Prioritizing Nurture requires being honest with yourself.</p> <ul style="list-style-type: none"> Necessitates vulnerability. 	<p>Play restores your sense of self.</p>	<p>Prioritizing Structure requires being dishonest with yourself.</p> <ul style="list-style-type: none"> Avoids vulnerability.
<p>Prioritizes you correctly.</p>	<p>Connects you to others.</p>	<p>Prioritizes others incorrectly.</p>
<p>Naming your needs requires courage.</p> <ul style="list-style-type: none"> Invites authenticity. Creates a joy cycle. 	<p>Can be used courageously or in avoidance.</p> <ul style="list-style-type: none"> If courageous, play invites trust. 	<p>Prioritizing Structure avoids fear.</p> <ul style="list-style-type: none"> Invites performance. Creates a shame cycle.

“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”

www.nurtureplaystructure.com