



# Nurture Play Structure<sup>©</sup>

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

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](http://www.nurtureplaystructure.com)