



# Our Bodies

*A Therapeutic Model developed by Phillip Bass of Trinitas Services*

## How do our bodies experience the world?

*I typically... (mark where you fall along each spectrum)*

Wake up later      Wake up earlier

Go to sleep later      Go to sleep earlier

Take time to "get going"      Wake up already feeling behind on the day's tasks

Process later in the day      Process earlier in the morning

Prioritize emotional processing (what feels right)      Prioritize cognitive processing (what makes sense)

Am often late      Am regularly early

Am more spontaneous      Am typically scheduled

Prefer rewarding experiences      Prefer completed tasks

Prioritize feeling      Prioritize knowing

Take on a "Child" role      Take on a "Parent" role

Process more in the body (feeling)      Process more in the head (thinking)

Experience more short-term processing      Experience longer processing

Experience a shorter emotional recovery period      Experience an extended emotional recovery period

Prioritize immediate thought (here and now)      Prioritize prolonged thought (big picture)

Lean Into Play

Lean Into Structure

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

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