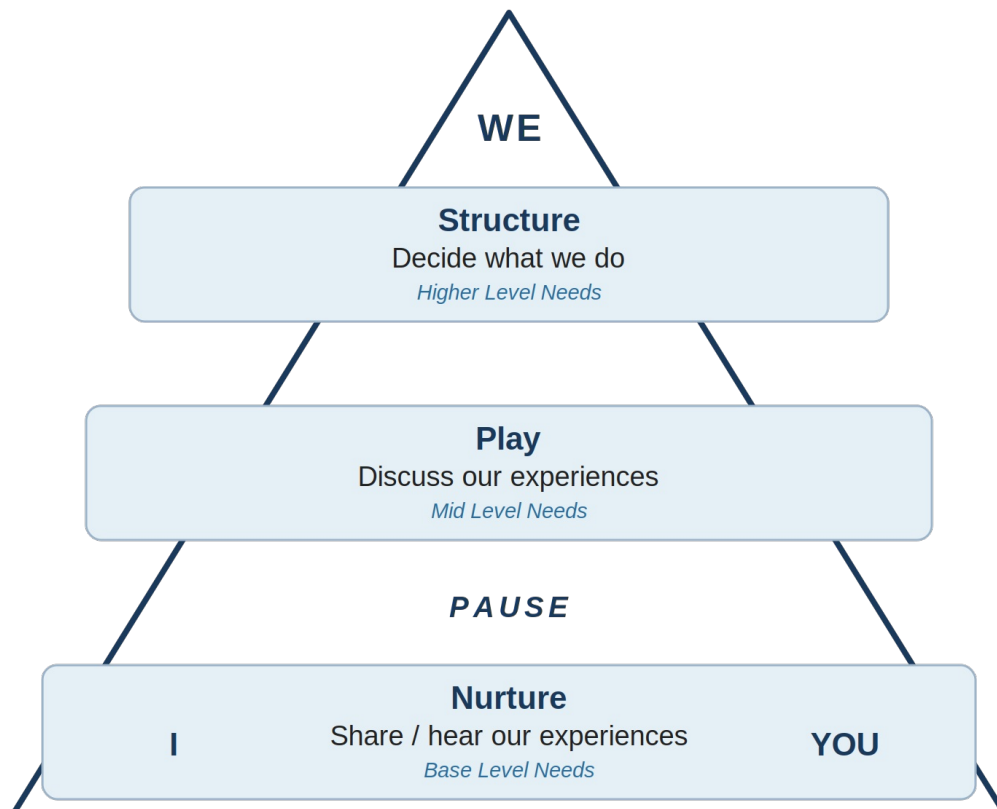




Communication Triangle

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. When practicing Radical Acceptance, we first accept our own authentic truth and then we share it—while radically accepting the other’s experience as they share theirs, which is **Nurture**. We then pause to reflect and acknowledge the emotional experience of the other. We are only ready to move forward when both can Radically Accept the other’s truth, without questioning or challenging that truth. From there we move into discussing the shared experience. Why is this **Play**? Because the goal is not to determine who is right or wrong, but to return to shared Joy. Finally we move to **Structure**, and to deciding what we do in response to the base-level emotional needs that have been expressed.



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

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