



Themes of Joy

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Joy is found in NPS balance. The things that create joy in our lives may change over time—yet there are often **Themes of Joy** (similarities) that recur throughout the lifespan and across many different activities.

What brought you joy _____ years ago?

- 1) _____
- 2) _____
- 3) _____

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- 1) _____
- 2) _____
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What brought you joy _____ years ago?

- 1) _____
- 2) _____
- 3) _____

What “Themes of Joy” do you notice? (*What is similar across your lifespan?*)

- 1) _____
- 2) _____
- 3) _____

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

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