



# Nurture Play Structure<sup>®</sup>

Healthy relationships require intentionality and effort. We communicate our priorities by how we spend our time, our money, our energy and our resources. The 3 Healthy Relationship Meetings are intended to prioritize your relationship and build stronger attachment between you and your partner(s).

## 3 Healthy Relationship Meetings:

1. **Nurture** - Schedule time to engage in healthy **touch** with your partner. We suggest at least 30-minutes of healthy touch for this meeting. Be sure to discuss with your partner(s) what you'd enjoy before beginning the meeting. Tell your partner(s) what you need, what you want, and what you can offer.
2. **Play** - Schedule a **date**. You can go out or stay in. Just be sure to set aside time weekly to connect, laugh, and enjoy one another's company. Remember, play builds trust. The more you laugh with your partner, the more intimate trust you are building.
3. **Structure** - Schedule a weekly "**business meeting**." Work together to decide how you will organize your week. Who will do the dishes? Who will cook? What bills will you pay? Again, remember to share what you need, what you want, and what you have to offer.

## Key points to remember:

- Meetings should be scheduled for the same day/time each week if possible. This encourages intimate trust and prioritizes your relationship.
- If a meeting is missed, do not wait until the following week to have the meeting. Do your best to reschedule the missed meeting within the week. Letting a meeting lapse communicates that your relationship is not a priority.
- Clear away the distractions. Put your phones away. Turn off the TV or laptop. Your relationship is the priority. Be sure to eliminate distractions when it is time for a meeting.

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)