



Where Are You Caged?

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Before responding, sit with these questions:

- Where do you feel trapped — in or out of life situations?
- What destructive reactions (ineffective coping strategies) show up when you feel caged?

List all the ways you feel caged below.

Where I feel caged:

1.

2.

3.

4.

5.

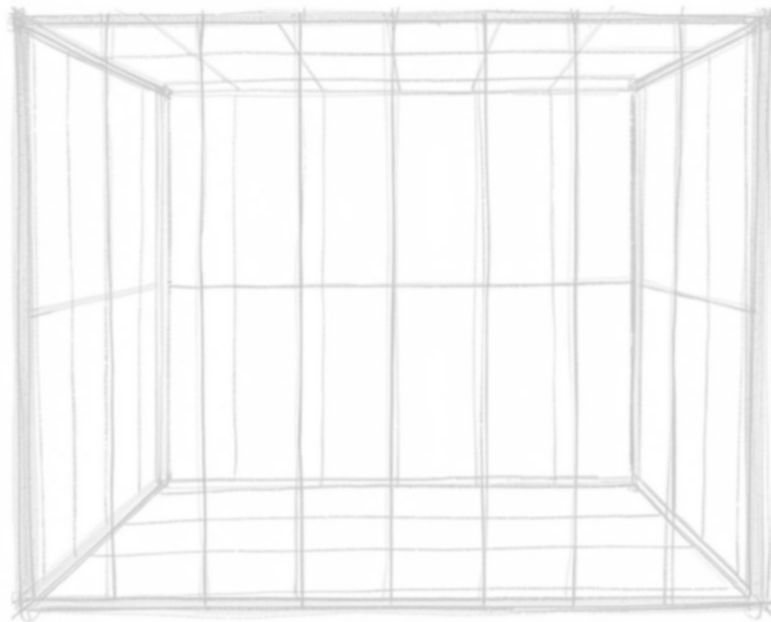
6.

7.

8.

9.

10.



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

www.nurtureplaystructure.com