



Nurture Play Structure[®]

Learning to use Positive Emotional Expression

Structure Says:	Nurture Says:
<p>“You are always working.” “You never have any time for me” or “You never give me any attention.”</p>	<p>“I miss you.” or “I’m lonely.”</p>
<p>“You never do anything around here. Why can’t you at least take the trash out.”</p>	<p>“I need help.” or “I’m overwhelmed.”</p>
<p>“You need to do _____.” or “Why aren’t you doing _____.”</p>	<p>“I worry about you.” “I want to make sure you are safe.” or “I’m not feeling safe.”</p>
Negative Emotional Expression:	Positive Emotional Expression:
<ul style="list-style-type: none"> • Emphasizes “facts” • Focuses on other (blame) • Is insulting • Parent/Child Communication 	<ul style="list-style-type: none"> • Emphasizes <i>emotion</i> • Focuses on self (vulnerability) • Is complimentary • Partnering Communication
What My Structure Says:	What My Nurture Says:

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