Nurture Play Structure©

Learning to use Positive Emotional Expression

Structure Says:	Nurture Says:
"You are always working." "You never have any time for me" or "You never give me any attention."	"I miss you." or "I'm lonely."
"You never do anything around here. Why can't you at least take the trash out."	"I need help." or "I'm overwhelmed."
"You need to do _____." or "Why aren't' you doing _____."	"I worry about you." "I want to make sure you are safe." or "I'm not feeling safe."
Negative Emotional Expression:	**Positive Emotional Expression:**
- Emphasizes "*facts*" - Focuses on other (blame) - Is insulting - Parent/Child Communication	- Emphasizes *emotion* - Focuses on self (vulnerability) - Is complimentary - Partnering Communication
What My Structure Says:	**What My Nurture Says:**