



Nurture Play Structure[©]

| Nurture | Play | Structure |
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| <p>What do you <u>need</u>?</p> <ul style="list-style-type: none"> • To know you are loved. • To know you are nourished. • To know you are protected. • To receive healthy-touch. | <p>What do you <u>want</u>?</p> <ul style="list-style-type: none"> • What brings you Joy? | <p>How do you <u>communicate</u> your wants and needs?</p> <ul style="list-style-type: none"> • How do others know your rules of engagement? |
| <p><u>Productive action</u> is being intentional about naming and meeting needs.</p> <ul style="list-style-type: none"> • Nurture Needs are determined to be met. • Creates relational experiences. | <p>Play invites <u>aspiration</u>.</p> <ul style="list-style-type: none"> • When we play, we dream. • Play centers us in the here and now, while at the same time allows us to be elsewhere. | <p><u>Destructive reactions</u> occur when we are not intentional about naming and meeting our needs.</p> <ul style="list-style-type: none"> • When prioritized, Structure leads to obligation. • Creates transactional experiences. |
| <p>Building a <u>stage</u>.</p> <ul style="list-style-type: none"> • When we prioritize Nurture and then Play, we build a stage on which the world can view and know us. • “To delight in the delight of another.” | <p>Building <u>trust</u>.</p> <ul style="list-style-type: none"> • Play equates to increased trust of self and others. • Play is restorative to self and relationships with others. | <p>Building a <u>cage</u>.</p> <ul style="list-style-type: none"> • When we prioritize Structure, we build a cage in which we feel trapped in or out of something. • “To try to please another.” |
| <p>Prioritizing Nurture requires being <u>honest</u> with yourself.</p> <ul style="list-style-type: none"> • Necessitates <u>vulnerability</u>. | <p>Play <u>restores</u> your sense of self.</p> | <p>Prioritizing Structure requires being <u>dishonest</u> with yourself.</p> <ul style="list-style-type: none"> • Avoids <u>vulnerability</u>. |
| <p>Prioritizes you correctly.</p> | <p>Connects you to others.</p> | <p>Prioritizes others incorrectly.</p> |
| <p>Naming your needs requires <u>courage</u>.</p> <ul style="list-style-type: none"> • Invites <u>authenticity</u>. • Creates a joy cycle. | <p>Can be used courageously or in avoidance.</p> <ul style="list-style-type: none"> • If courageous, play invites <u>trust</u>. | <p>Prioritizing structure avoids <u>fear</u>.</p> <ul style="list-style-type: none"> • Invites <u>performance</u>. • Creates a shame cycle. |

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