



NPS Diary

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Exercise. Color in each hour of your week. Choose one color for Nurture, one for Play, and one for Structure. For hours you are asleep, leave the space blank.

Choose your three colors:

= Nurture = Play = Structure

Hour →	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

Results — at the end of the week, count the hours you colored and record them below

I received Nurture for ___ hours.

I was involved in Play for ___ hours.

I dedicated ___ hours to Structure.

Discussion

How are you feeling about your NPS balance? Are there any changes you would make?

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

www.nurtureplaystructure.com