



The Labyrinth

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Before responding, sit with these questions:

- Where have you been on your journey to your authentic self?
- What seasons of life have you lived through?
- Who walked with you, and who departed along the way?

Begin at the entrance and journey inward to the core of who you are. What did you need **(Nurture)**, what did you want **(Play)**, and what rules did you collect or discard **(Structure)**?

What I have collected, and what I have left behind:

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