



Nurture Play Structure[®]

We have been taught to believe in the myth of independence. However, we live in a state of Unique Interdependence. We are unique beings, but not independent from one another. This exercise is designed to assist you in exploring your Unique Interdependence.

What is unique about me? (Who I am, not what I do)

What can I give to others that they cannot give to themselves?

What do I need from others that I cannot give to myself?

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