How Is Your Balance?

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Take a moment and notice your balance:

- Where do you find Nurture in your life?
- Where do you find Play?
- Where do you find Structure?

List where you find each in the columns below.

NURTURE	PLAY	STRUCTURE

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

www.nurtureplaystructure.com