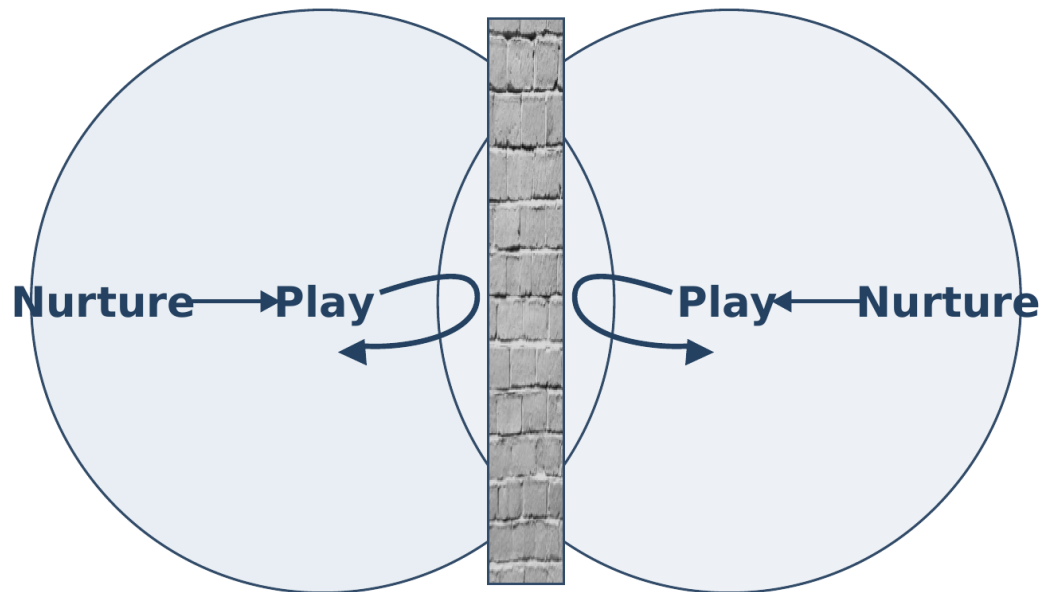




The NPS Balance

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Unhealthy communication reverses the order. It begins with Structure and “you statements,” leaning on “shoulds” and crossing the bridge to speak for the other. When this happens, our Nurture needs and Play wants hit the defensive wall our partner(s) raises to protect themselves — and never get through.



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

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