



How Do You Decide?

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Healthy decision making does not start with Structure—in fact, starting there can make decisions harder, because we each hold competing priorities within us. We must first ask what we need (**Nurture**) and what we want (**Play**). Use the exercise below to make decisions using the NPS Model.

Nurture: What are 5 things you need emotionally?

1. _____
2. _____
3. _____
4. _____
5. _____

Play: What are 5 things that will bring you joy?

1. _____
2. _____
3. _____
4. _____
5. _____

Structure: Pick the three from above that matter most—your top priorities. Let these direct your decision making.

1. _____
2. _____
3. _____

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

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