



# Our Bodies

*A Therapeutic Model developed by Phillip Bass of Trinitas Services*

**How do our bodies experience the world?**

Regarding	Play	Structure
<b>Waking &amp; Sleeping</b>	<ul style="list-style-type: none"> <li>• Wakes later (~9AM–11AM)</li> <li>• Sleeps later (~11PM–1AM)</li> </ul>	<ul style="list-style-type: none"> <li>• Wakes earlier (~6AM–8AM)</li> <li>• Sleeps earlier (~8PM–10PM)</li> </ul>
<b>Readiness</b>	<ul style="list-style-type: none"> <li>• Takes time to “get going”</li> </ul>	<ul style="list-style-type: none"> <li>• Wakes up already feeling behind on the day’s tasks</li> </ul>
<b>Processing</b>	<ul style="list-style-type: none"> <li>• Processes later in the day</li> <li>• Prioritizes emotional processing (what feels right)</li> </ul>	<ul style="list-style-type: none"> <li>• Processes earlier in the morning</li> <li>• Prioritizes cognitive processing (what makes sense)</li> </ul>
<b>Timeliness</b>	<ul style="list-style-type: none"> <li>• Often late</li> <li>• More spontaneous</li> </ul>	<ul style="list-style-type: none"> <li>• Regularly early</li> <li>• Typically scheduled</li> </ul>
<b>Appreciation</b>	<ul style="list-style-type: none"> <li>• Rewarding experience</li> </ul>	<ul style="list-style-type: none"> <li>• Completed task(s)</li> </ul>
<b>Safety / Intimate Trust</b>	<ul style="list-style-type: none"> <li>• Prioritizes feeling</li> </ul>	<ul style="list-style-type: none"> <li>• Prioritizes knowing</li> </ul>
<b>Relational Power</b>	<ul style="list-style-type: none"> <li>• Often takes on the “Child” role</li> </ul>	<ul style="list-style-type: none"> <li>• Often takes on the “Parent” role</li> </ul>
<b>Bodily Processing</b>	<ul style="list-style-type: none"> <li>• Processes more in the body (feeling)</li> </ul>	<ul style="list-style-type: none"> <li>• Processes more in the head (thinking)</li> </ul>
<b>Emotional Processing / Regulation</b>	<ul style="list-style-type: none"> <li>• More short-term processing</li> <li>• Shorter recovery</li> <li>• Immediacy (here and now)</li> </ul>	<ul style="list-style-type: none"> <li>• Tendency for longer processing</li> <li>• Extended recovery</li> <li>• Prolonged (big picture)</li> </ul>
<b>Values</b>	<ul style="list-style-type: none"> <li>• Internal approval</li> <li>• Experience (how did that feel)</li> </ul>	<ul style="list-style-type: none"> <li>• External approval</li> <li>• Performance (how will I be viewed)</li> </ul>

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

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