



Meeting on the Bridge

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. In healthy relationships, we meet in the middle. Imagine meeting halfway across a bridge and inviting the other to know you—what do you need from each other, what do you bring to one another, what are you experiencing?

If we cross the bridge, we tend to dictate someone's behavior. If we stay on our own side waiting for them to come to us, we are still dictating their behavior. Both are caging behaviors that lead to destructive reactions. On the bridge, we answer three questions.



What do I need? (Nurture)

What do I want? (Play)

What do I have to offer / not offer? (Structure)

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

www.nurtureplaystructure.com