



Nurture Play Structure[®]

Our Bodies ~ How do our bodies experience the world?

I typically....

| | | |
|---|-----------|---|
| • Wake up later | - - - - - | • Wake up earlier |
| • Go to sleep later | - - - - - | • Go to sleep earlier |
| • Take time to “get going” | - - - - - | • Wake up already feeling behind on the tasks for the day |
| • Processes later in the day | - - - - - | • Processes earlier in the morning |
| • Prioritize emotional processing (<i>what feels right</i>) | - - - - - | • Prioritize cognitive processing (<i>what makes sense</i>) |
| • Am often late | - - - - - | • Am regularly early |
| • Am more spontaneous | - - - - - | • Am typically scheduled |
| • Prefer rewarding experiences | - - - - - | • Prefer completed tasks |
| • Prioritize feeling | - - - - - | • Prioritize knowing |
| • Take on a “Child” role | - - - - - | • Take on a “Parent” role |
| • Process more in the body (<i>feeling</i>) | - - - - - | • Process more in the head (<i>thinking</i>) |
| • Experience more short term processing | - - - - - | • Experience longer processing |
| • Experience a shorter emotional recovery period | - - - - - | • Experience an extended emotional recovery period |
| • Prioritize immediate thought (<i>here and now</i>) | - - - - - | • Prioritize prolonged thought (<i>big picture</i>) |
| Lean Into Play | | Lean Into Structure |

Nurture, Play, Structure; A Therapeutic Model developed by Phillip Bass of Trinitas Services.
“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”

www.nurtureplaystructure.com