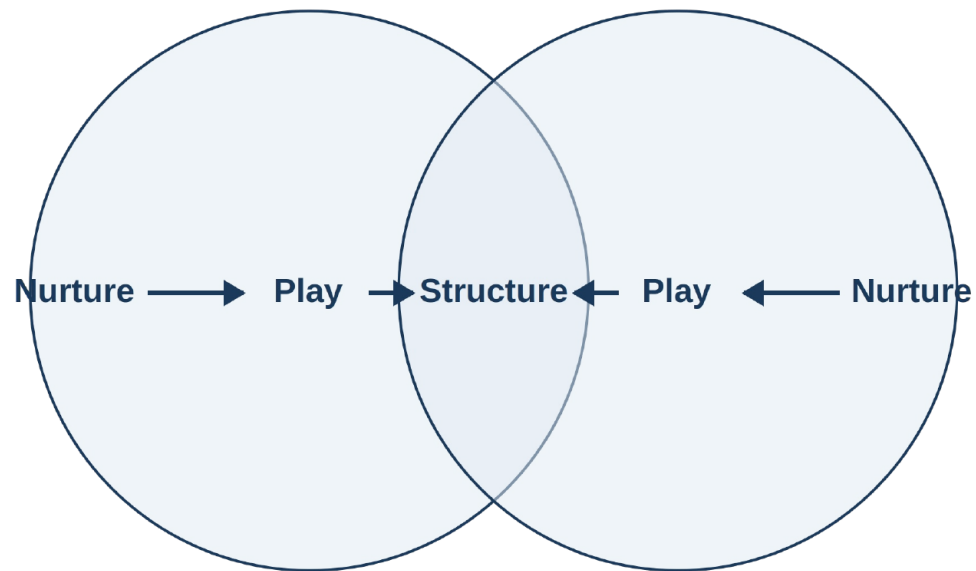




The NPS Balance

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Healthy communication keeps the proper order: Nurture (What do I need?), Play (What do I want?), Structure (What do I have to offer?). When we speak in this pattern, we feel more understood and our relationships strengthen. It means giving our partner(s) awareness of our own experience — not speaking of theirs.



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

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