

Nurture Play Structure™ - Decision Tree

Healthy decision making does not start with Structure. Instead, we must first ask what we need (Nurture) and what we want (Play). The following exercise is designed to assist with decision making using the NPS Model.

Nurture: What are 5 things you need emotionally?
1)
2)
3)
4)
5)

Play: What are 5 things you want?
1)
2)
3)
4)
5)

Structure: Pick three from above that hold the most importance to you - These are your top priorities. Allow these to direct you in your decision making.
1)
2)
3)

Nurture, Play, Structure Model of Therapy™ as developed by Phillip Bass and Kristin Mastro of Riverstone Wellness Collaborative.

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

www.nurtureplaystructure.com