

<u>Nurture</u>	<u>Play</u>	<u>Structure</u>
Need	Want	Define
Safety	Joy	Rules
Determination <i>(Productive Action)</i>	Aspiration	Obligation <i>(Destructive Reaction)</i>
→Building a Stage	(Staged or Caged)	Building a Cage←
→Honest with Self	Restorative to Self	Dishonest with Self←
→About Self	Connects Self to Others	About Others←
→Requires Courage	Avoids Fear ~ Cage← →Courageous ~ Stage	Avoids Fear←

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.