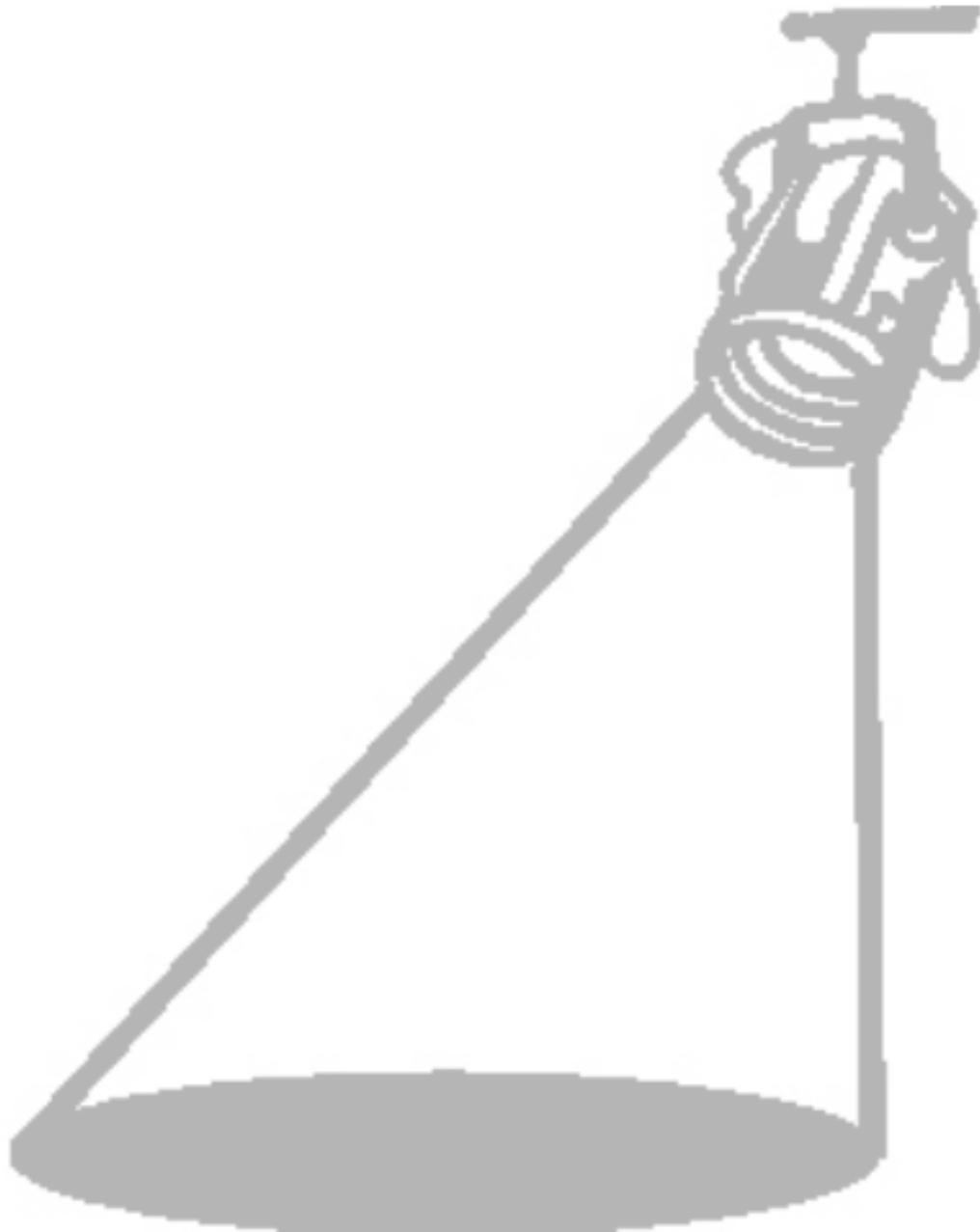


# Nurture Play Structure™ - What defines your stage?



1. Define where you feel staged in your life. Where are you most comfortable being your true self?
2. Include safe people. Who is your safe audience?

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](http://www.nurtureplaystructure.com)