

# Nurture Play Structure™ - Our Bodies

*How do our bodies experience the world around us?*

	<b>Play</b>	<b>Structure</b>
<b>Waking &amp; Sleeping:</b>	<ul style="list-style-type: none"> <li>• Wakes later (~9AM-11AM)</li> <li>• Sleeps later (~11PM-1AM)</li> </ul>	<ul style="list-style-type: none"> <li>• Wakes Earlier (~6AM-8AM)</li> <li>• Sleeps Earlier (~8PM-10PM)</li> </ul>
<b>Readiness:</b>	<ul style="list-style-type: none"> <li>• Takes time to “get going”</li> </ul>	<ul style="list-style-type: none"> <li>• Wakes up already feeling behind on the tasks for the day</li> </ul>
<b>Processing:</b>	<ul style="list-style-type: none"> <li>• Processes later in the day</li> <li>• Prioritizes emotional processing (<i>what feels right</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Processes earlier in the morning</li> <li>• Prioritizes cognitive processing (<i>what makes sense</i>)</li> </ul>
<b>Timeliness:</b>	<ul style="list-style-type: none"> <li>• Often late</li> <li>• More spontaneous</li> </ul>	<ul style="list-style-type: none"> <li>• Regularly early</li> <li>• Typically scheduled</li> </ul>
<b>Appreciation:</b>	<ul style="list-style-type: none"> <li>• Rewarding experience</li> </ul>	<ul style="list-style-type: none"> <li>• Completed task(s)</li> </ul>
<b>Safety/Intimate Trust:</b>	<ul style="list-style-type: none"> <li>• Prioritizes feeling</li> </ul>	<ul style="list-style-type: none"> <li>• Prioritizes knowing</li> </ul>
<b>Relational Power:</b>	<ul style="list-style-type: none"> <li>• Often takes on “Child” role</li> </ul>	<ul style="list-style-type: none"> <li>• Often takes on “Parent” role</li> </ul>
<b>Bodily Processing:</b>	<ul style="list-style-type: none"> <li>• Processes more in the body (<i>feeling</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Processes more in the head (<i>thinking</i>)</li> </ul>
<b>Timeframes for Emotional Processing/Regulation:</b>	<ul style="list-style-type: none"> <li>• More short term processing</li> <li>• Shorter recovery</li> <li>• Immediacy (<i>here and now</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Tendency for longer processing</li> <li>• Extended recovery</li> <li>• Prolonged (<i>big picture</i>)</li> </ul>
<b>Values:</b>	<ul style="list-style-type: none"> <li>• Internal approval</li> <li>• Experience (<i>how did that feel</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• External approval</li> <li>• Performance (<i>how will I be viewed</i>)</li> </ul>

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)