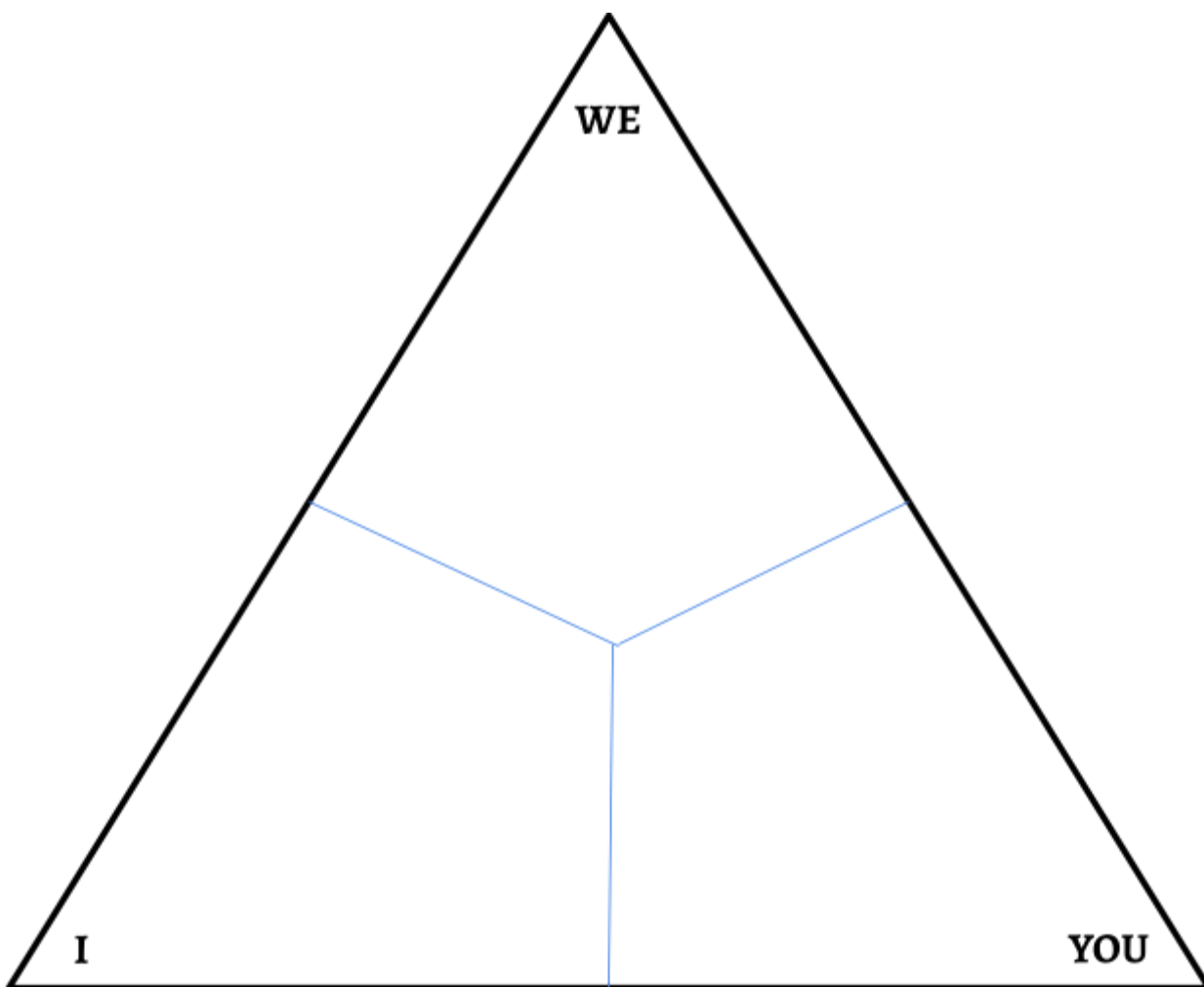


## Nurture Play Structure™ - Relationship Triangle

A healthy relationship seeks balance. There is who you are in the relationship (I), who your partner(s) is/are in the relationship (YOU), and who you are together (WE). Use this triangle to explore further how you experience your relationship. Who are you in the relationship? Who is your partner(s) in the relationship? Who are you together?



1. Which area of the Relationship Triangle do you think receives the most attention (time, money, energy, resources) in your relationship?
2. Write down your definitions of each area of the relationship. What are the roles, behaviors, needs of each?

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.***

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