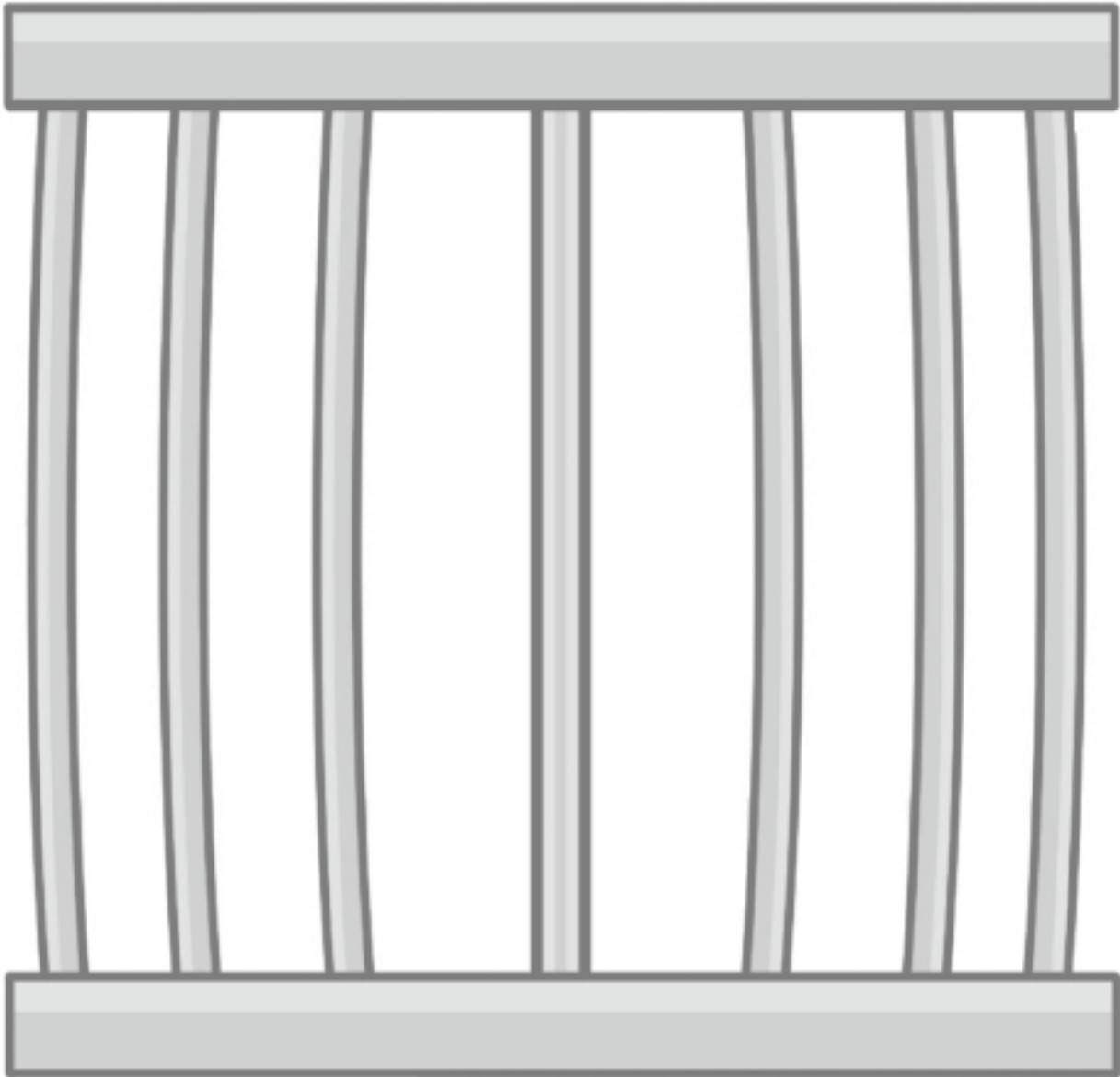


Nurture Play Structure™ - What builds your cage?



1. Include all the ways you feel caged in the cage above. Be sure to recognize where you feel trapped in or out of life situations.
2. Include the destructive reactions (ineffective coping strategies) to being caged.

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