

Nurture Play Structure™ - Bridging Relationships



In healthy relationships, we meet in the middle. Imagine meeting halfway across a bridge and inviting the other to know you. What do you need from each other? What do you bring to one another? What are you experiencing?

On the bridge, we answer three questions - What do I need (Nurture)? What do I want (Play)? What can I offer (Structure)?

If we cross the bridge, we tend to dictate someone's behavior. If we remain on our side of the bridge waiting for someone to come to us, we are still dictating the other's behavior. Both are caging behaviors that lead to destructive reactions.

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