

# Nurture Play Structure™ - Our Bodies

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

## I typically....

● Wake up later	- - - - -	● Wake up earlier
● Go to sleep later	- - - - -	● Go to sleep earlier
● Take time to “get going”	- - - - -	● Wake up already feeling behind on the tasks for the day
● Processes later in the day	- - - - -	● Processes earlier in the morning
● Prioritize emotional processing ( <i>what feels right</i> )	- - - - -	● Prioritize cognitive processing ( <i>what makes sense</i> )
● Am often late	- - - - -	● Am regularly early
● Am more spontaneous	- - - - -	● Am typically scheduled
● Prefer rewarding experiences	- - - - -	● Prefer completed tasks
● Prioritize feeling	- - - - -	● Prioritize knowing
● Take on a “Child” role	- - - - -	● Take on a “Parent” role
● Process more in the body ( <i>feeling</i> )	- - - - -	● Process more in the head ( <i>thinking</i> )
● Experience more short term processing	- - - - -	● Experience longer processing
● Experience a shorter emotional recovery period	- - - - -	● Experience an extended emotional recovery period
● Prioritize immediate thought ( <i>here and now</i> )	- - - - -	● Prioritize prolonged thought ( <i>big picture</i> )
● Value internal approval	- - - - -	● Value external approval
● Value experience ( <i>how did that feel</i> )	- - - - -	● Value performance ( <i>how will I be viewed</i> )

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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