

# Nurture Play Structure™ - Unique Interdependence

We have been taught to believe in the myth of independence. However, we live in a state of Unique Interdependence. We are unique beings, but not independent from one another. This exercise is designed to assist you in exploring your Unique Interdependence.

**What is unique about me? (*Who I am, not what I do*)**

**What can I give to others that they cannot give to themselves?**

**What do I need from others that I cannot give to myself?**

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)