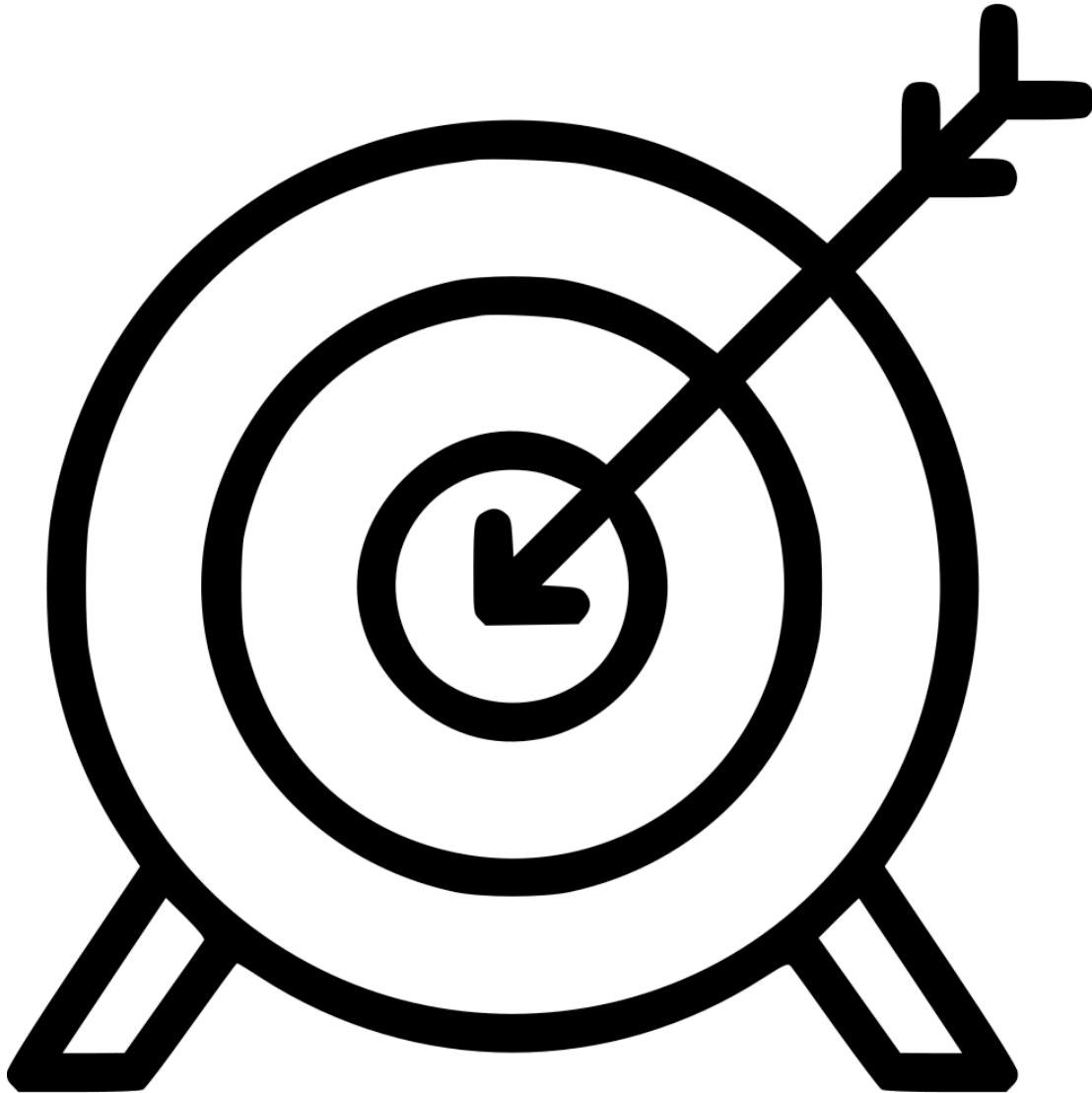


Nurture Play Structure™ - Relationship Bullseye

It is important to understand where others are in proximity to us emotionally. Take a moment to explore your relationships. Who is closest to you and who is further away?



Place the names of people in your life on the bullseye:

- a. Who is in your inner circle?
- b. Who is in your middle circle?
- c. Who is in your outer circle?

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