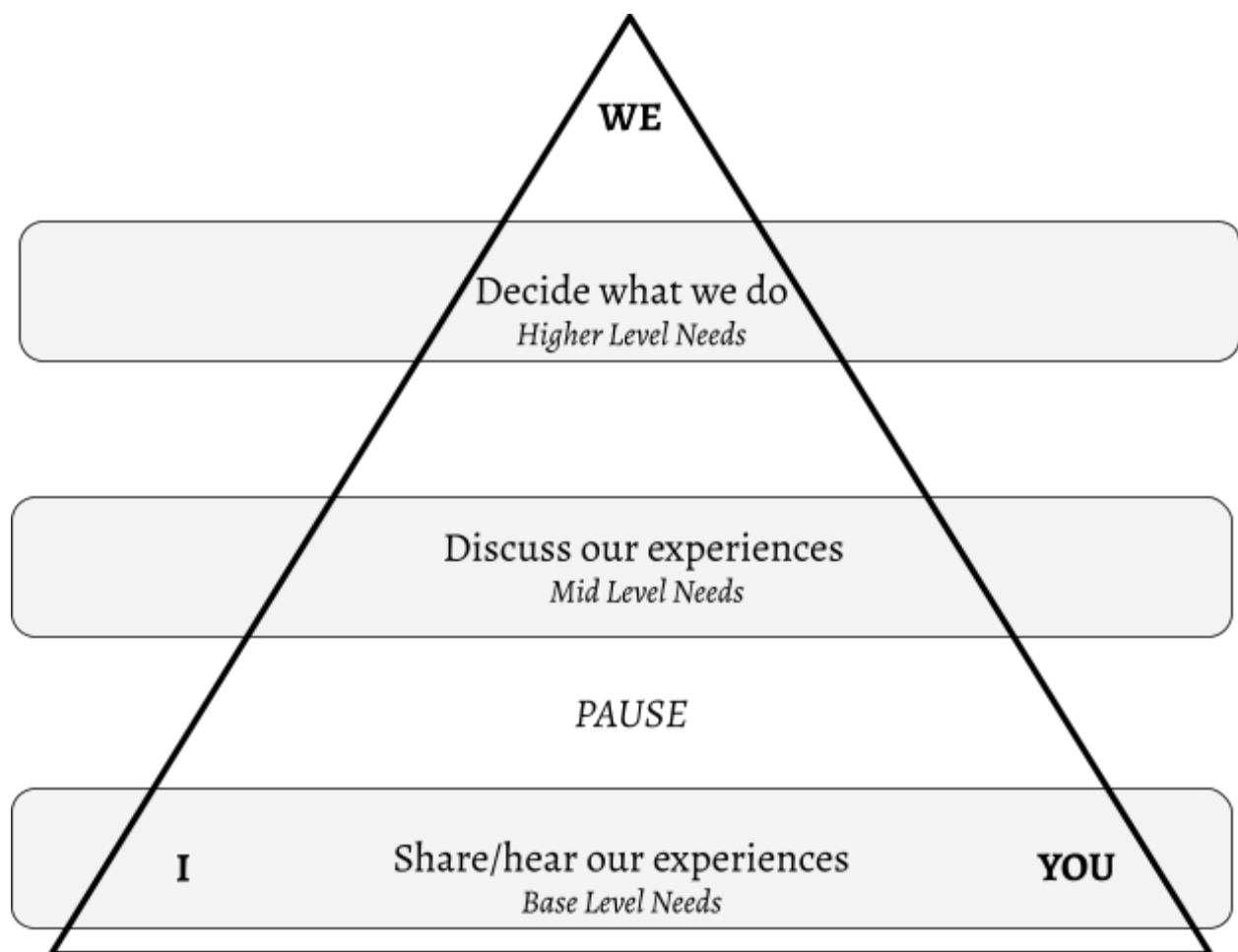


# Nurture Play Structure™ - Communicating Radical Acceptance

When practicing Radical Acceptance, we must first accept our authentic truth. We then share this truth, while also radically accepting the other's experience that is being shared with us. We must then pause to reflect on what has been shared. After pausing and acknowledging the emotional experience of the other, we then move into discussion of the shared experience. Finally, we can move to discussing what we do in response to the base level emotional needs that have been expressed.



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)