

# Nurture Play Structure™ - 4 Areas of Attraction

<b>Area of Attraction</b>	<b>Definition</b>	<b>Notes</b>
<b>Physical Attraction</b>	<ul style="list-style-type: none"> <li>❖ Do you find someone physically appealing?</li> <li>❖ Do you like the way they look?</li> </ul>	
<b>Scale of Attraction:</b>	(Low) 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (High)	
<b>Emotional Attraction</b>	<ul style="list-style-type: none"> <li>❖ Do you like the way you feel around someone?</li> <li>❖ Do you find you miss them when you are apart?</li> <li>❖ Do you feel staged when you are together (allowed to be your true self)?</li> </ul>	
<b>Scale of Attraction:</b>	(Low) 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (High)	
<b>Intellectual Attraction</b>	<ul style="list-style-type: none"> <li>❖ Do you enjoy conversations with them?</li> <li>❖ Do you find yourself attracted to how they interpret and think about the world?</li> </ul>	
<b>Scale of Attraction:</b>	(Low) 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (High)	
<b>Spiritual Attraction</b>	<ul style="list-style-type: none"> <li>❖ Do you like who they are in the world? (ex. How they treat children and/or animals, how they vote, what they eat, their belief systems, etc.)</li> </ul>	
<b>Scale of Attraction:</b>	(Low) 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (High)	

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)