

Nurture Play Structure™ - Radical Acceptance

Radical Acceptance is a tool in developing trusting and authentic relationships. Radical Acceptance is possible when we practice NPS balance in our lives and relationships. Without Radical Acceptance of others and ourselves, Nurture needs and Play wants can be difficult to achieve. Radical Acceptance does not mean Radical Agreement or Radical Approval. Instead, it simply means that we radically accept what another tells us about their experience, as well as radically accept ourselves. This allows us to better understand one another and to bridge our relationships with authenticity.

Radical Acceptance is:	Radical Protection is:
Authentic	Performative
A practice of vulnerability	A practice of defensiveness
An exercise in trust	A measure of distrust
Believing another's narrative of their experience	Proving one's narrative of one's own experience
Believing/Accepting one's own experience	Ignoring one's experience
An exercise of "Both/And"	An exercise of "Either/Or"
Non-judgemental	Judgemental
Accepting that it just is	A label of right or wrong
Non-punishing	Punishment avoidant and/or punishing
Relationship bridging	Relationship dividing
An invitation to inner circle relationships	A barrier to inner circle relationships*
A form of open communication	A form of closed communication
Focused on speaking of "I"	Accustomed to speaking of "You"
A means of stating one's experience	A tool to justify one's experience
Take a moment to ask yourself where are you Radically Accepting and where are you Radically Protective? Is there anything you would change?	

**Inner Circles cannot be performative. Intimate Trust must originate from authenticity.*

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