

Nurture Play Structure™
What's Under Your Intimacy Umbrella?
A conversation starter for parents and teens.



NURTURE
INTIMATE TRUST
PLAY
INTIMATE TOUCH
STRUCTURE

- 1) WHAT DOES INTIMACY MEAN TO ME?
- 2) WHAT ARE MY INTIMATE FEARS?
- 3) WHAT EXCITES ME ABOUT INTIMACY?
- 4) IS INTIMACY PLAYFUL?
- 5) WHAT AREAS OF INTIMACY DO I FEEL READY FOR?
- 6) WHAT AREAS OF INTIMACY DO I NOT FEEL READY FOR?
- 7) HOW DO INTIMATE TRUST AND INTIMATE TOUCH FEEL THE SAME?
- 8) HOW DO INTIMATE TRUST AND INTIMATE TOUCH FEEL DIFFERENT?
- 9) WHAT QUESTIONS DO I HAVE ABOUT INTIMACY?

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