

Nurture Play Structure™ - Challenging Your Inner Critic

What does your inner critic keep you from receiving?

| My Inner Critic Says | The Truth Is | What I Really Need or Want |
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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