

Nurture Play Structure™ - Positive Emotional Expression

Learning to use Positive Emotional Expression

Structure Says:	Nurture Says:
<p>“You are always working.” “You never have any time for me” or “You never give me any attention.”</p>	<p>“I miss you.” or “I’m lonely.”</p>
<p>“You never do anything around here. Why can’t you at least take the trash out.”</p>	<p>“I need help.” or “I’m overwhelmed.”</p>
<p>“You need to do _____.” or “Why aren’t you doing _____.”</p>	<p>“I worry about you.” “I want to make sure you are safe.” or “I’m not feeling safe.”</p>
Negative Emotional Expression:	Positive Emotional Expression:
<ul style="list-style-type: none"> ● Emphasizes “facts” ● Focuses on other (blame) ● Is insulting ● Parent/Child Communication 	<ul style="list-style-type: none"> ● Emphasizes <i>emotion</i> ● Focuses on self (vulnerability) ● Is complimentary ● Partnering Communication
What My Structure Says:	What My Nurture Says:

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