

Nurture Play Structure™ - Themes of Joy

Joy is found in NPS balance. But, those things that create joy in our lives may change over time. However, there are often Themes of Joy (similarities) that can be found throughout the lifespan and across various activities.

What brought you joy ___ years ago?
1)
2)
3)

What brought you joy ___ years ago?
1)
2)
3)

What brought you joy ___ years ago?
1)
2)
3)

What “Themes of Joy” do you notice? (What is similar across your lifespan?)
1)
2)
3)

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