



Nurture Play Structure[®]

Where are you caged?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Include all the ways you feel caged above. Be sure to recognize where you feel trapped in or out of life situations. Include the destructive reactions (ineffective coping strategies) to being caged.