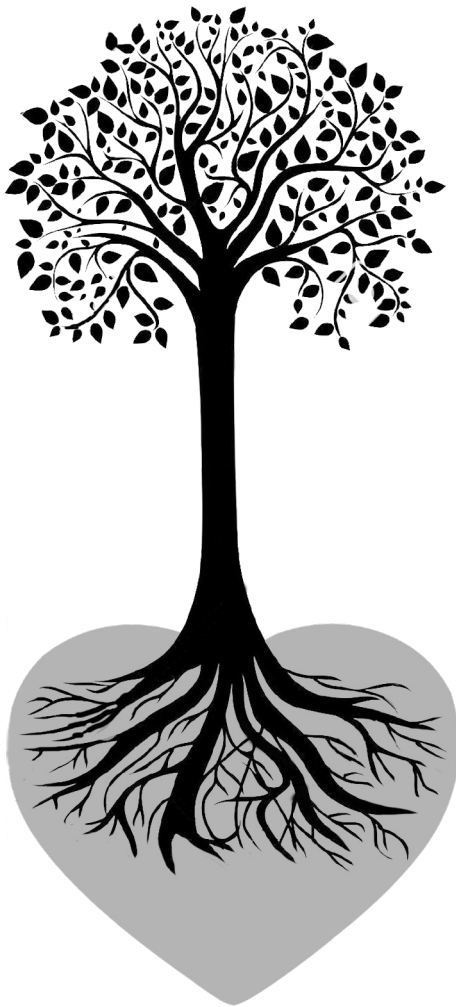


THE FRUIT TO ROOT DIAGRAM



Describe the situation ... what was your response to it?

FRUIT (BEHAVIOR)

ANGER

Interrupting / Defensive
Impatient / Irritable
Critical / Judgmental
Sarcastic / Harsh

FOOLISHNESS

Deceiving / Lying
Joking / Distracting
Insensitive / Immature
Attention-seeking / Emotional

DESPAIR

Hiding / Escaping
Complaining / Grumbling
Lonely / Dependent
Self-conscious / Shy

FEAR

Controlling / Avoiding
Second-guessing
People-pleasing
Enabling / Appeasing

What did you think or feel in this situation?

TRUNK (THOUGHTS)

ANGER

Bitter / Vengeful thoughts
Condemning / Judging
I'm right / Can't be wrong
I'm entitled

FOOLISHNESS

Selfish / Blame-shifting
Obsessive / Fantasizing
I'm a trouble maker
I can't help it

DESPAIR

Defeated / Doubting
Self-pity / Jealousy
I'm a loser / Why go on?
I'm unworthy

FEAR

Perfectionistic / Self-protective
Victim mentality / Shame
I'm damaged goods
I'm unlovable

What did you want?

ROOT (MOTIVES)

ANGER

Control
Authority
Power

FOOLISHNESS

Pleasure
Attention
Greed

DESPAIR

Comfort
Affirmation
Escape

FEAR

Security
Acceptance
Peace