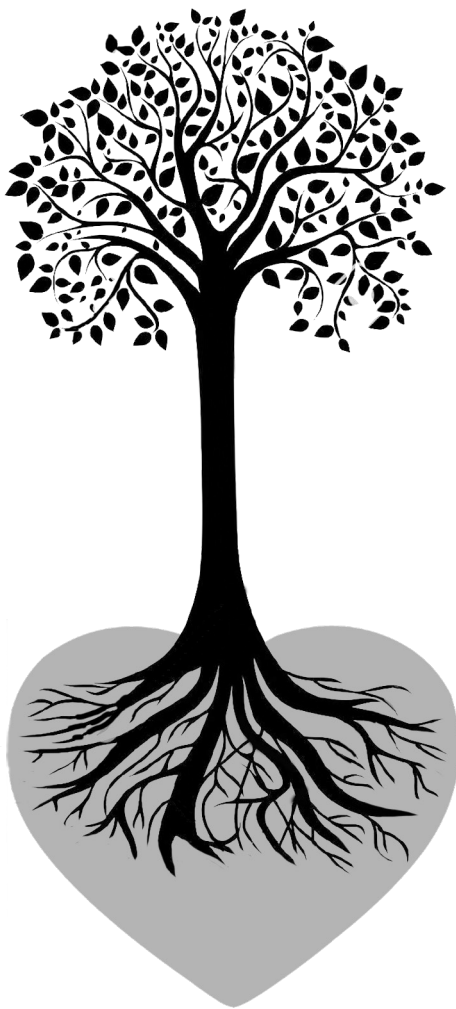


## THE FRUIT TO ROOT DIAGRAM



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