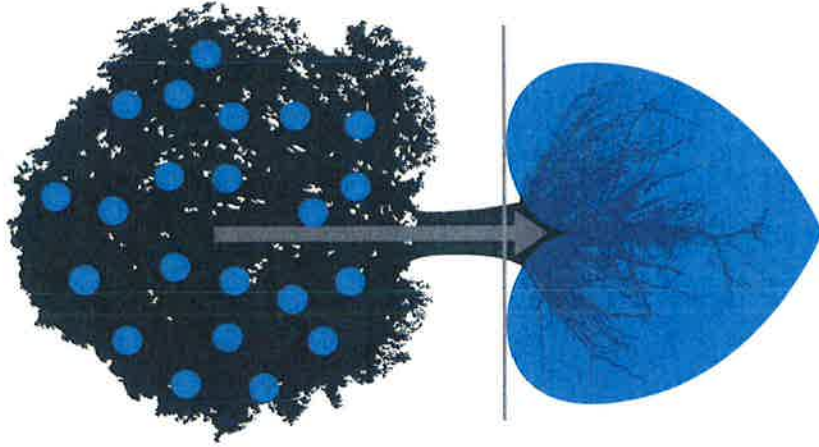


FRUIT TO ROOT ASSESSMENT TOOL



Fruit (behavior)

Trunk (thoughts)

Root (desires)

BEHAVIORS	
ANGER Interrupting/Defensive Impatient /Irritable Critical/Judgmental Sarcastic/Harsh (Peace Breaker)	FOOLISHNESS Deceiving/Lying Joking/Distracting Insensitive/Immature Attention Seeking/Over Emotional FEAR Controlling/Avoiding Second Guessing People Pleasing Enabling/Appeasing (Peace Faker)
DESPAIR Hiding/Escaping Complaining/Grumbling Lonely/Dependant Self-Conscious/Shy	
THOUGHTS	
ANGER Bitter/Vengeful thoughts Perpetrator /Intimidating/Manipulative I'm right/I can't be w rong I'm entitled	FOOLISHNESS Selfish/Blame Shifting Thoughts Impulsive/Risk taker I'm a trouble maker I can't help it
DESPAIR Defeating/Doubling Thoughts Outcast/Isolated I'm a loser/Why go on? I'm unw orthy	FEAR Perfectionistic/Self-Protective Thoughts Victim/Shame I'm damaged goods/Never good enough I'm unlovable
DESIRES (Motives)	
ANGER Control Authority Power	FOOLISHNESS Pleasure Attention Greed
DESPAIR Comfort Affirmation Escape	FEAR Security Acceptance Peace

Heart Revealing Questions:

Fruit: 1. Describe the situation...and your response to it

Trunk: 3. What were you thinking and feeling?

Root: 5. What did you want?