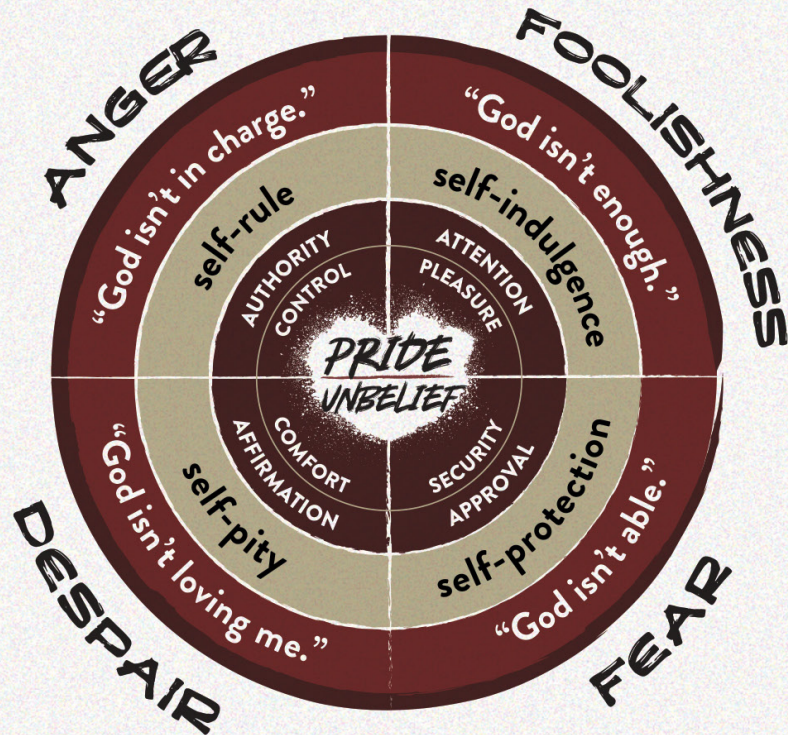


TOXIC (UNRESTORED) HEART

"IN ME"



TRANSFORMED HEART

"IN HIM"



ROOT TO FRUIT

DIAGNOSTIC TOOL

WITH A HEART OF...

FEAR

I DO WHAT I DO

EXTERNAL ACTIONS AND WORDS

- Controlling
- Avoiding Conflict / Risk
- Sleep Troubles
- People Pleasing
- Enabling
- Panic Attacks
- Racing Thoughts

BECAUSE...

I THINK WHAT I THINK

THOUGHTS AND FEELINGS

... BECAUSE, WHAT IF...

“someone hurts me?”

“they reject me?”

“I fail?”

“something bad happens?”

“I can’t handle this?”

... BECAUSE, I FEEL...

Restless

Uneasy

Panicky

Vulnerable

BECAUSE...

I WANT WHAT I WANT

HEART DESIRES AND MOTIVES

Security

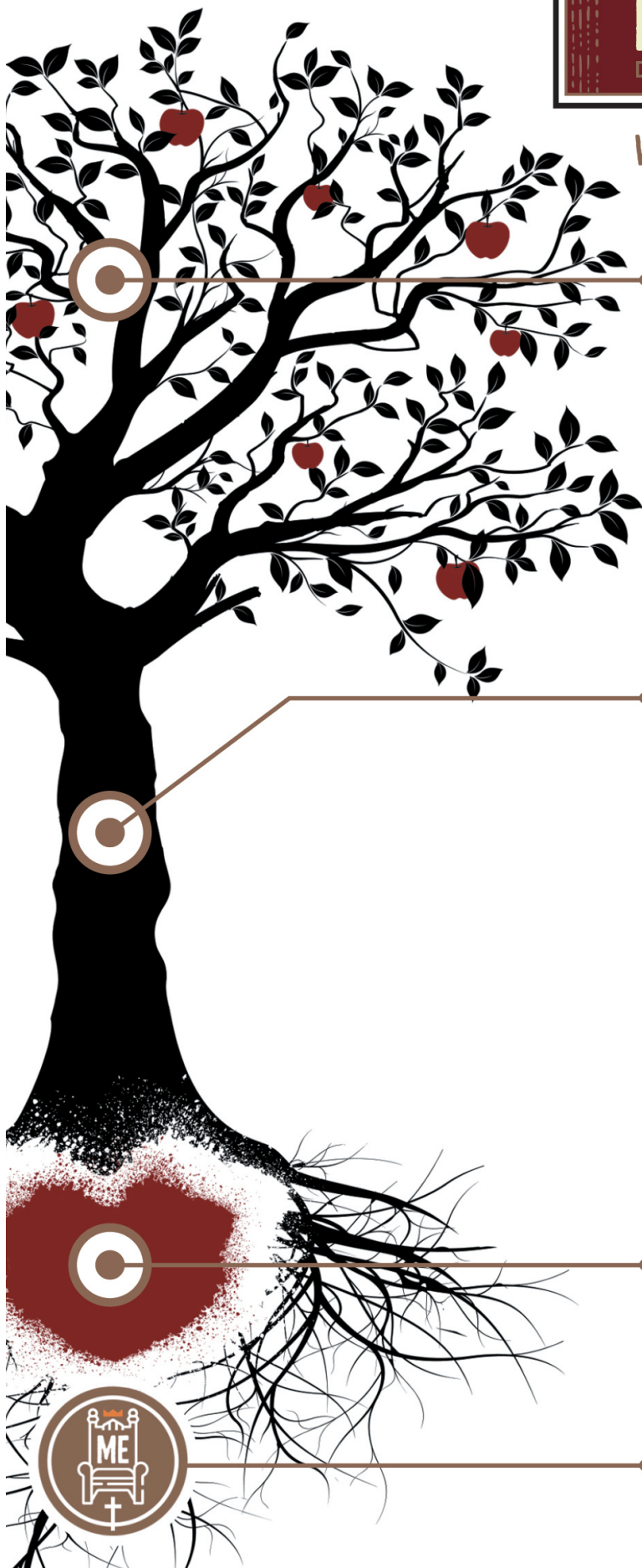
Approval

BECAUSE...

I WORSHIP WHAT I WORSHIP

WHO OR WHAT I GIVE PRIORITY

Me and My Security



ROOT TO FRUIT

DIAGNOSTIC TOOL

WITH A HEART OF...

DESPAIR

I DO WHAT I DO

EXTERNAL ACTIONS AND WORDS

- Hiding / Escaping
- Whining
- Self-Conscious
- Lonely
- Ungrateful
- Rehearse Hurts
- Exhausted
- Numbing Pain

BECAUSE...

I THINK WHAT I THINK

THOUGHTS AND FEELINGS

- "This is not fair."
- "Why don't I matter?"
- "This seems hopeless."
- "Why can't I have what they have?"
- "Why always me?"
- "This will never change."

BECAUSE, I FEEL...

- Unwanted
- Unworthy
- Ashamed
- Abandoned

BECAUSE...

I WANT WHAT I WANT

HEART DESIRES AND MOTIVES

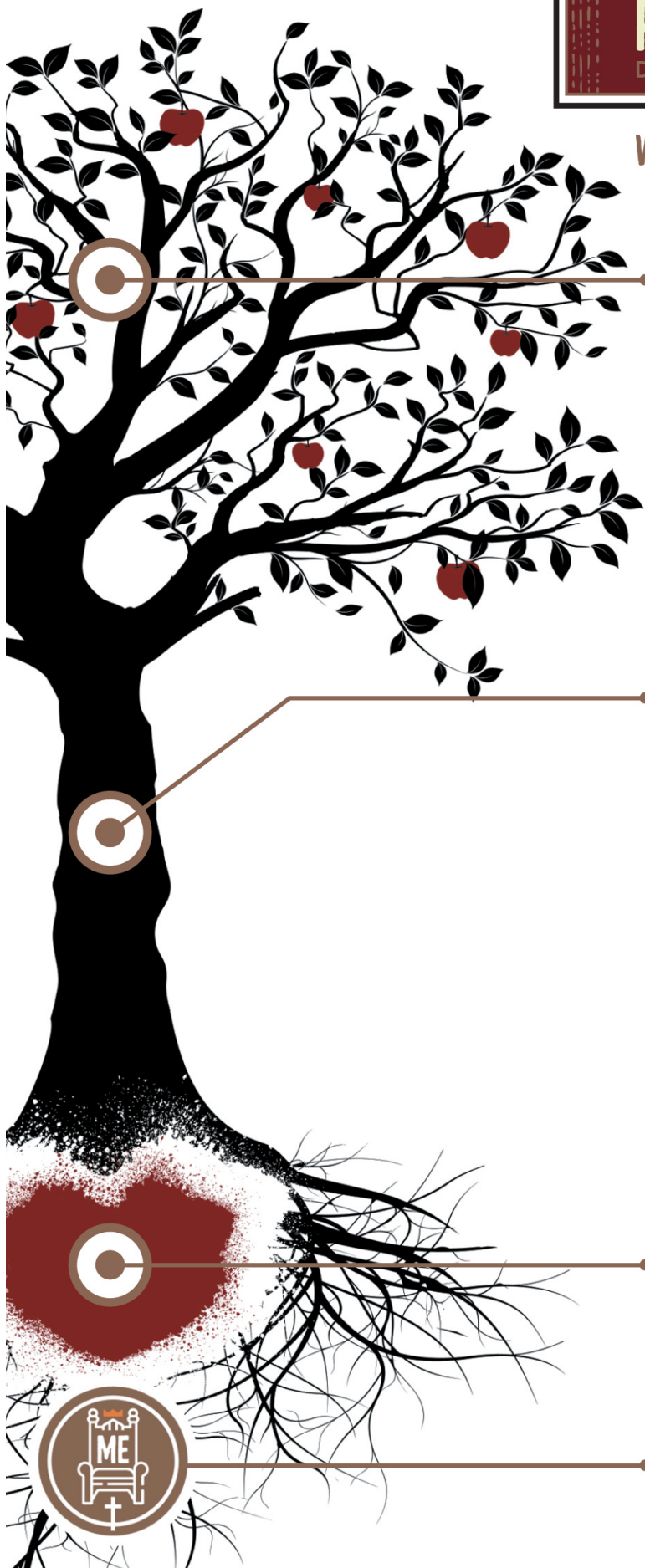
- Affirmation
- Comfort

BECAUSE...

I WORSHIP WHAT I WORSHIP

WHO OR WHAT I GIVE PRIORITY

- Me and My Comfort



ROOT TO FRUIT

DIAGNOSTIC TOOL

WITH A HEART OF...

ANGER

I DO WHAT I DO

EXTERNAL ACTIONS AND WORDS

- Interrupting / Defensive
- Critical / Harsh / Sarcastic
- Impatient / Irritable / Intimidating
- Judgmental
- Manipulative / Gas Lighting
- Screaming / Violent

BECAUSE...

I THINK WHAT I THINK

THOUGHTS AND FEELINGS

- "This is not right."
- "You're wrong. I am right."
- "You are so _____."
- "I know best."
- "You need me."
- "If you would just listen to me."
- "I don't have time for this."
- "How dare you."

BECAUSE, I FEEL...

- Humiliated
- Bitter / Vengeful
- Tense / Overwhelmed
- Annoyed / Frustrated
- Hateful

BECAUSE...

I WANT WHAT I WANT

HEART DESIRES AND MOTIVES

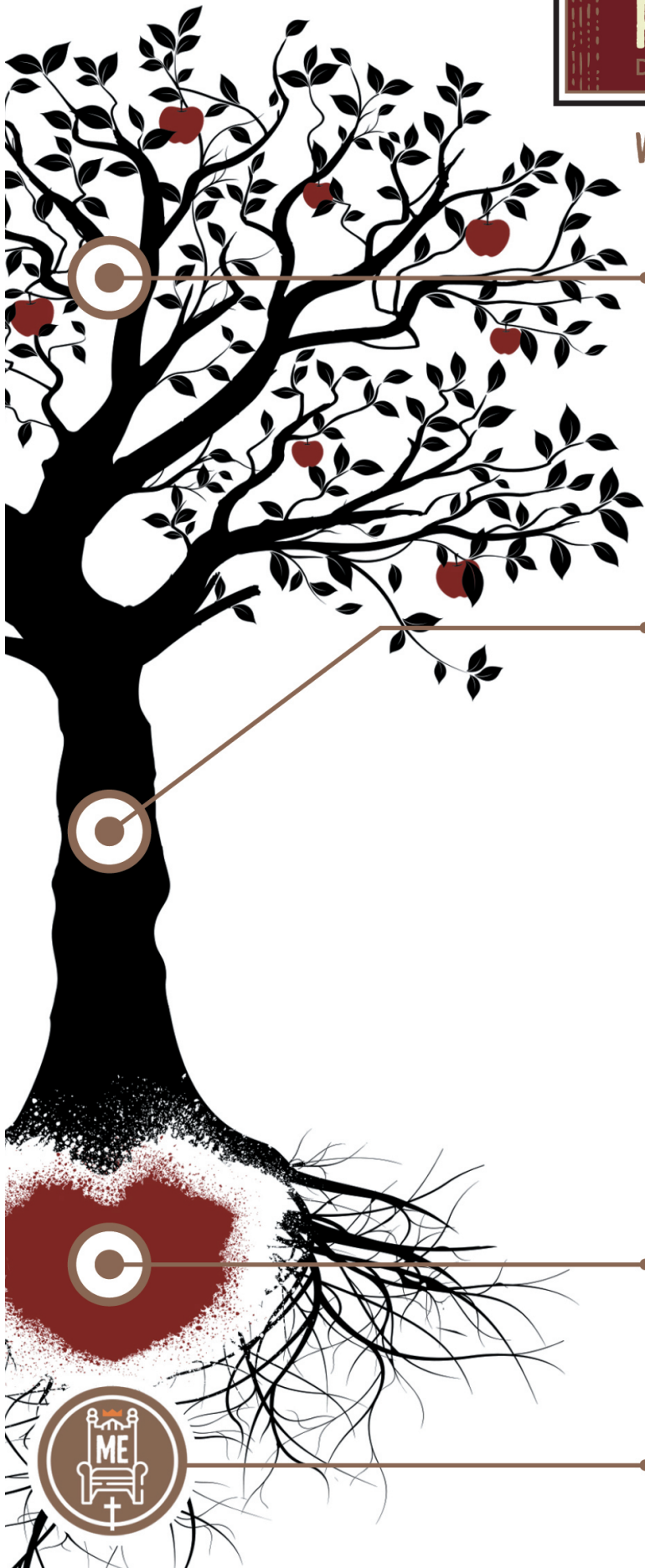
- Authority
- Control / Power

BECAUSE...

I WORSHIP WHAT I WORSHIP

WHO OR WHAT I GIVE PRIORITY

- Me and My Control



ROOT TO FRUIT

DIAGNOSTIC TOOL

WITH A HEART OF... FOOLISHNESS

I DO WHAT I DO

EXTERNAL ACTIONS AND WORDS

- Deceiving / Lying
- Distracting / Joking
- Lazy
- Insensitive / Immature
- Reckless / Irresponsible
- Addictive
(*food, drink, money, adrenaline*)
- Performer / Overly Talkative
- Unwilling to Listen or Learn

BECAUSE...

I THINK WHAT I THINK

THOUGHTS AND FEELINGS

- "This will feel good."
- "This will show me off."
- "This will numb the pain."
- "This is too hard."
- "I need a way out."
- "Forget the fencelines!"
- Obsessive Thoughts / Fantasy
- "It's not me. It's them."

BECAUSE, I FEEL...

- Deep Hurt
- Boredom
- Emptiness
- Apathy

BECAUSE...

I WANT WHAT I WANT

HEART DESIRES AND MOTIVES

- Pleasure
- Attention

BECAUSE...

I WORSHIP WHAT I WORSHIP

WHO OR WHAT I GIVE PRIORITY

- Me and My Pleasure

