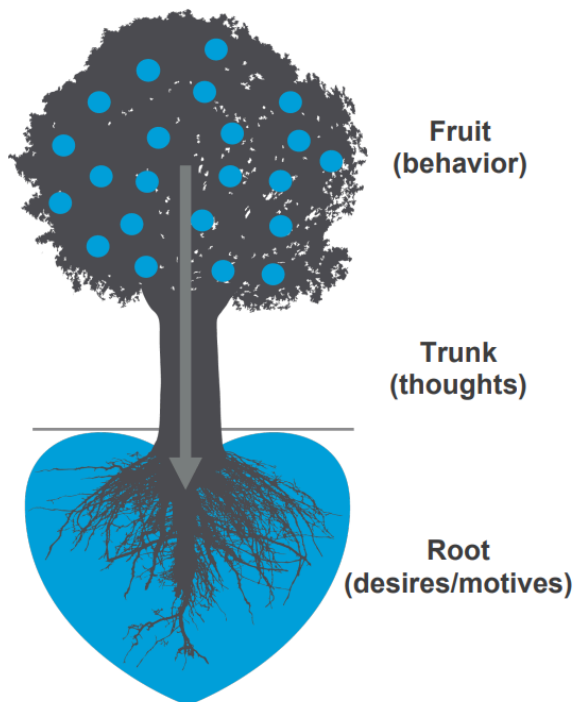


FRUIT-TO-ROOT WORKSHEET

To find your Primary Heart Attitude (PHA), circle the words under FRUIT, TRUNK, and ROOT that most accurately describe how you **most often** behave, think, or what you desire.

FROM FRUIT TO ROOT



Describe the situation...and your response to it.

ANGER	FOOLISHNESS
Interrupting/defensive	Deceiving/lying
Impatient /Irritable/Intimidating	Joking/distracting
Critical of others	Insensitive/Immature
Sarcastic/harsh (peace breaker)	Attention seeking/over emotional
DESPAIR	FEAR
Hiding/escaping	Controlling/avoiding
Complaining/grumbling	Second guessing
Lonely/dependent	People pleasing
Self-conscious/shy	Enabling/appeasing (peace faker)

What were you thinking or feeling?

ANGER	FOOLISHNESS
Bitter/vengeful thoughts	Selfish/blame-shifting thoughts
Condemning/judgmental thoughts	Obsessive thoughts/fantasy
I'm right/I can't be wrong	I'm a trouble maker
I'm entitled	I can't help it
DESPAIR	FEAR
Defeating/doubting thoughts	Perfectionistic/self-protective thoughts
Self-pity/jealousy	Victim mentality/thoughts of shame
I'm a loser/w hy go on?	I'm damaged goods/never good enough
I'm unworthy	I'm unlovable

What did you want?

ANGER	FOOLISHNESS
Control	Pleasure
Authority	Attention
Power	Greed
DESPAIR	FEAR
Comfort	Security
Affirmation	Acceptance
Escape	Peace

If I had to choose, I would say that the three most common desires of my heart (my motives) would be:

1. _____
2. _____
3. _____

I think my Primary Heart Attitude (PHA) is: _____

Based on your PHA, take time to read through the Scriptures below and ask God to give you the wisdom, courage, and patience to work out your faith by surrendering your desires to Him.

ANGER

Ephesians 4:26-32
Colossians 3:8-14
James 1:19-27

FOOLISHNESS

1 Corinthians 6:9-11
Galatians 5:16-23
Romans 13:13-14

DESPAIR

2 Corinthians 4:7-18
2 Corinthians 1:3-11
Hebrews 6:13-20

FEAR

Matthew 6:25-34
2 Timothy 1:7
Philippians 4:4-7