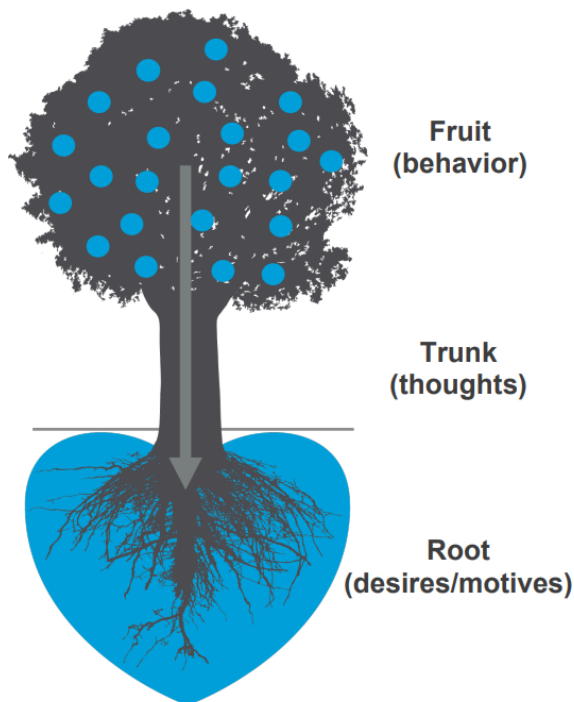


HOJA DE TRABAJO DEL FRUTO A LA RAIZ

Para encontrar tu actitud primaria del corazon (APC), circule las palabras que estan bajo FRUTO, TRONCO Y RAIZ que describe exactamente como usted se comporta, piensa o desea mas a menudo.

FROM FRUIT TO ROOT



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

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

What were you thinking or feeling?

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

What did you want?

<p style="text-align: center;">ANGER</p> Control Authority Power	<p style="text-align: center;">FOOLISHNESS</p> Pleasure Attention Greed
<p style="text-align: center;">DESPAIR</p> Comfort Affirmation Escape	<p style="text-align: center;">FEAR</p> Security Acceptance Peace

Si debo escoger, yo diria que los tres deseos mas comunes de mi corazon (mis motivos) serian:

1. _____
2. _____
3. _____

Pienso que la actitud primaria de mi corazon (APC) es: _____

Basado en su APC, tome tiempo para leer las escrituras de abajo y pidale a Dios que le de sabiduria, valentia y paciencia para ejercitar su fe al rendir sus deseos a El.

IRA

Efesios 4:26-32
 Colosenses
 3:8-14 Santiago
 1:19-27

NECEDAD

1 Corintios 6:9-11
 Galatas 5:16-23
 Romanos 13:13-14

DESESPERO

2 Corintios 4:7-18
 2 Corintios 1:3-11
 Hebreos 6:13-20

TEMOR

Mateo 6:25-34
 2 Timoteo 1:7
 Filipenses 4:4-7