



THE HABIT TREE

1 FRUIT | FRUIT OF THE FLESH (Galatians 5:16-21) Unhealthy Coping Behaviors & Habits

Write out how you generally cope (i.e., what you think, say, or do) when you are in conflict, disagreement, or an argument with a family member, friend, or spouse or in circumstances where you feel out-of-control. Use the examples below to get you started. But also be sure to add any that might be specific to you.

EXAMPLES:

- | | | | |
|-----------------|-----------------|------------------------|-------------------------|
| <i>Blame</i> | <i>Numb Out</i> | <i>Judge/Criticize</i> | <i>Smoke/Chew</i> |
| <i>Exercise</i> | <i>Anxious</i> | <i>Retaliate</i> | <i>Sarcastic</i> |
| <i>Shop</i> | <i>Escape</i> | <i>Avoid Issue</i> | <i>View Pornography</i> |
| <i>Control</i> | <i>Eat</i> | <i>Catastrophize</i> | <i>Hide Information</i> |
| <i>Isolate</i> | <i>Withdraw</i> | <i>Get Dramatic</i> | <i>Nag/Lecture</i> |
| <i>Threaten</i> | <i>Gaming</i> | <i>Manipulate</i> | <i>Drugs/Alcohol</i> |

2 ROOT | UNHEALTHY ROOTS (Matthew 12:33-37) Unhealthy Attitudes, Thoughts, Beliefs, and Feelings

Write out how you generally feel or what you think when you are in conflict, disagreement, or an argument with a family member, friend, or spouse or in circumstances where you feel out-of-control.

EXAMPLES:

- | | | | |
|--------------------|------------------|-----------------------|---------------------|
| <i>Controlled</i> | <i>Failure</i> | <i>Disconnected</i> | <i>Unknown</i> |
| <i>Lonely</i> | <i>Unworthy</i> | <i>Unwanted</i> | <i>Invalid</i> |
| <i>Powerless</i> | <i>Alone</i> | <i>Insignificant</i> | <i>Rejected</i> |
| <i>Inadequate</i> | <i>Trapped</i> | <i>Discouraged</i> | <i>Oppressed</i> |
| <i>Unaccepted</i> | <i>Insecure</i> | <i>Out of Control</i> | <i>Disrespected</i> |
| <i>Unprotected</i> | <i>Worthless</i> | <i>Hopeless</i> | <i>Uncared For</i> |
| <i>Belittled</i> | <i>Devalued</i> | <i>Unheard</i> | <i>Inferior</i> |



THE HABIT TREE

3 SEED

OFFENSES TO THE LITTLE ONES (Luke 17:1-4)
Unhealthy Early Experiences & Relationships

Think of one or two stories from your early growing up years where you felt the attitudes, thoughts, beliefs, and feelings you previously listed. Be sure to include experiences or relationships that may have been “normal” along with those that were traumatic or tragic but still negatively affected your perception of yourself or your view of relationships and other people.

EXAMPLES:

- *A person's words or actions that made you feel insulted, humiliated, devalued, or rejected including physical, emotional, sexual, mental, verbal, or spiritual abuse*
- *Occultic, satanic, or ritualistic cultural customs*
- *People or situations where you have felt violated or abused*
- *A separation or divorce in your life or a couple close to you*
- *Conflicts in your life involving parents, family, friends, coworker, church leaders, mentors, teachers, coaches, or others*
- *Significant moments where you did not feel loved or safe*
- *Loss of health*
- *You or a loved one had (or has) a life-threatening or life-altering, fatal, chronic, or painful illnesses*
- *Loss of career or job*
- *Loss of someone due to conflict, separation, divorce, or death.*
- *You or a loved one experienced an accident: drowning (or near drowning), automobile, aircraft, train, recreational vehicles, animal, sport, work, or home*
- *Loss of a dream for my life or my future involving relationships, marriage, children, or career, etc.*
- *Violence or experience with war including bombing, killing, shooting, torture, or imprisonment, etc.*
- *Other violent situations including terrorism, gang, murder, shooting, stabbing, bombing, rape, home invasion, abduction, taken hostage, suicide, torture, etc.*
- *Natural disasters including flooding, violent wind storms, cyclones, hurricanes, tornadoes, earthquake, tsunami, lightning strike, volcanic eruption, fire, etc.*