

Step One:

- Explain the tree diagram with the following script:
 - “In order to find the cause of the symptoms (already re-written on the stress chart in the form of a laundry list), example

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| Violence Disrespect | Chores Sibling Fighting |
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 say, “I am going to use the analogy of an apple tree.”
 - Beneath the stress chart, draw the tree with apples on it and draw arrows from their previously identified stressors/symptoms to the apples drawn on the tree, or write on the apple the stressor and say, “These apples represent the symptoms/stressors that you have already shared.”
 - Add worms and dark spots to the apples and say, “As you can see, my apple tree has apples that are wormy and bruised. The reason for the worms and bruises is that this apple tree has undercurrents that are bringing poison from one or more unhealthy seeds down at the root level.”
 - Draw the roots and four seeds beneath the soil of the apple tree and say, “If I were an apple doctor, the only way for me to restore these apples back to a beautiful and healthy state is to get to the root of the problem.”

Step Two:

- Thoroughly explain each of the four seeds with the help of the Seed Definition Worksheet, along with the Survival Kit (pp. 2-10).
- Optional – use film clips to further illustrate seeds (recommended clips – Super Nanny to illustrate the seed of Drunk with Power and/or The Horse Whisperer to illustrate the seed of Unhealed Wounds).

Clinical Example:

