

THE TREE OF LIFE

The Trauma Tree



STORMS

(CHALLENGES)

- Stressful events
- Losses
- Lack of resources

BRANCHES

(DREAMS)

- What do I want my future to look like?

GROUND

(PRESENT LIFE)

- Where I live and how I spend my days.

LEAVES

(SIGNIFICANT PEOPLE)

- Who are the people that I trust and I can turn to for support?

FRUIT

(GIFTS)

- My Strengths, kindness, love, giving.

TRUNK

(SKILLS)

- What am I good at?
- Skills I have acquired.

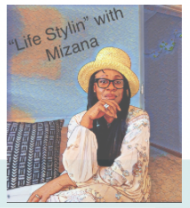
ROOTS

(WHERE I CAME FROM)

- Family and upbringing.

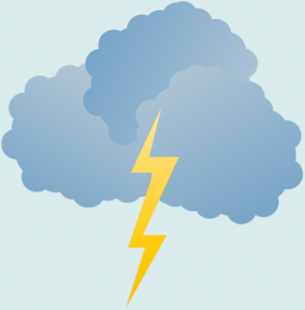
THE TREE OF LIFE

The Trauma Tree



STORMS(CHALLENGES)

- What obstacles do I need to overcome?



LEAVES (SIGNIFICANT PEOPLE)

- Who are the people that I trust and I can turn to for support?

FRUIT (GIFTS)

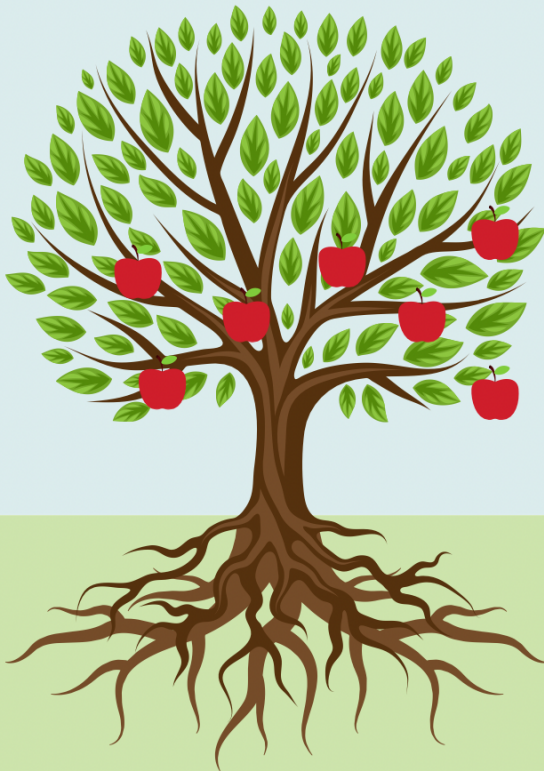
- What are my strengths?

TRUNK (SKILLS)

- What are my skills?

ROOTS (WHERE I CAME FROM)

- What was my upbringing like?

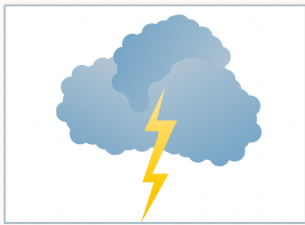


GROUND (PRESENT LIFE)

- What are my interests and hobbies? How do I spend my time?

BRANCHES (DREAMS)

- What are my hopes and dreams for the future?



STORMS - CHALLENGES

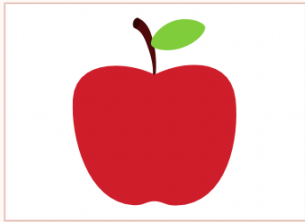
Storms might include - mental health problems, friends or family conflict and/or lack of resources and support.

- What storms have you experienced in the past?
- What obstacles do you need to overcome?
- What storms might you experience in the future?



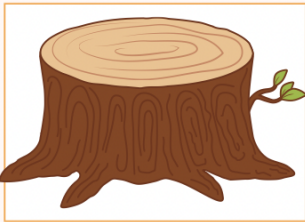
LEAVES - SIGNIFICANT PEOPLE

- Who plays an important role in your life?
- Who are the people that your trust and turn to for support?
 - What makes you trust them?
- How have they influenced your life so far?
- Do they know they are important to you?



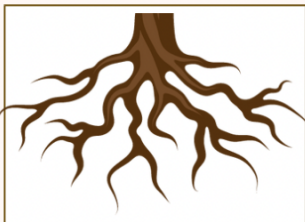
FRUIT - GIFTS

- What compliments have you received?
- What are some of your strengths?
- Have the significant people in your life helped shape your strengths?
- Have you ever received any materialistic gifts that have helped you?
- What strength are you working on at the moment?



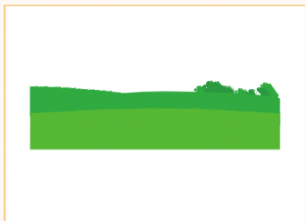
TRUNK - SKILLS

- What are your top 3 skills?
- How did you develop your coping skills and abilities?
- Did anything impact your coping skills?
- Do you focus more on your faults, rather than your skills?



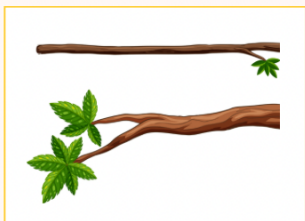
ROOTS - WHERE DID I COME FROM?

- Where were you born?
- What are your favourite memories?
- Who helped shape your life?
- Do you think your past has influenced your present life?



GROUND - PRESENT LIFE

- What is the best thing about your present life?
- How do you like to spend your spare time?
- What do you wish you had more time for?
- What do you value the most?



BRANCHES - DREAMS

- If you had three wishes, what would they be?
- Would you use your wishes to better yourself?
- Would you give any of your wishes to other people? If so, who and why?

**STORMS -
CHALLENGES**



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**LEAVES
SIGNIFICANT
PEOPLE**



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FRUIT - GIFTS



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TRUNK - SKILLS



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**ROOTS - WHERE DID I
COME FROM?**



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**GROUND
PRESENT LIFE**



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BRANCHES - DREAMS



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