

## THE TREE OF SELF-DEFEAT

In the branches: Emptiness Alienation Apathy  
Interpersonal Conflicts Crime  
Dependency Alcoholism  
Drug Addiction

In the roots: Fear Insecurity Resentment  
Jealousy Mistrust Hostility  
Guilt Self-Pity

## THE TREE OF SELF-REALIZATION

In the branches: Purposefulness Health Joy  
Self-Motivation Contentment  
Acceptance Fulfillment  
Creativity

In the roots: Charity Friendship Forgiveness  
Love Gratitude Kindness  
Warmth Trust