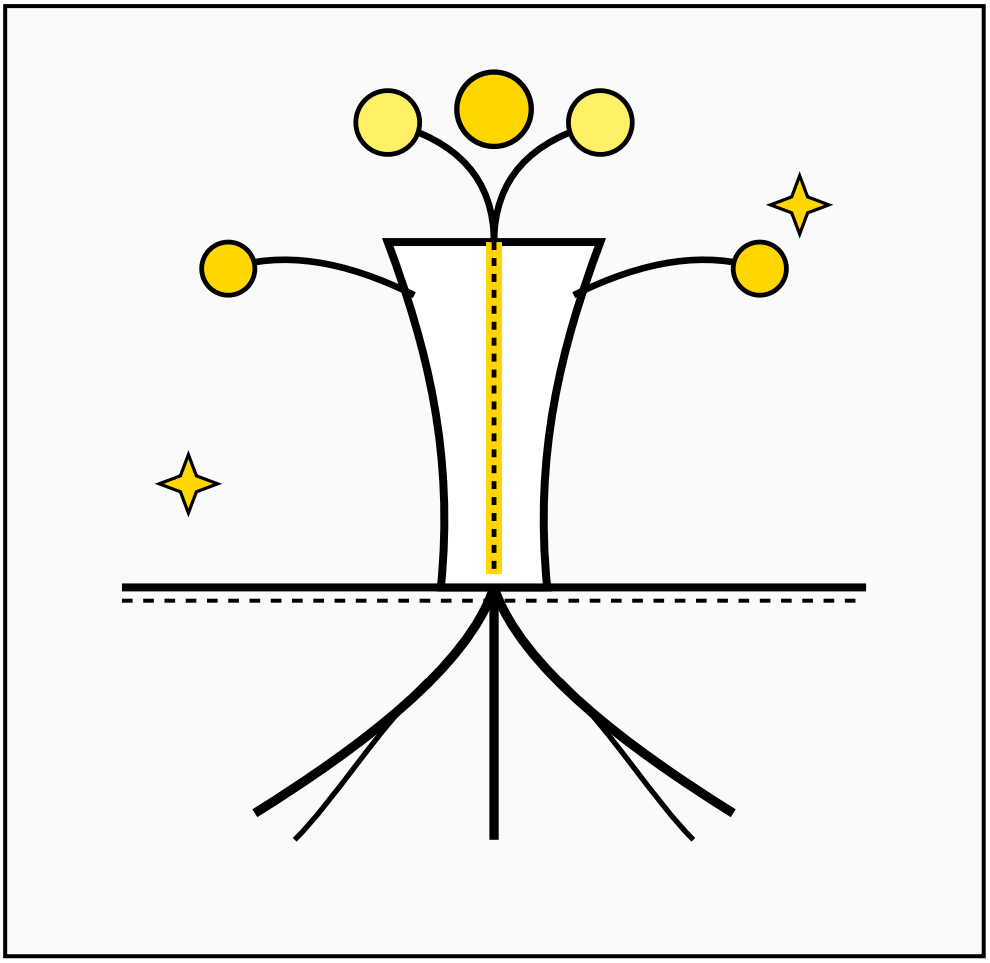
Talk Sense02

ROOTS OF ME

AN IDENTITY & SELF-DISCOVERY WORKBOOK

ANCESTRAL SOIL & ROOTS | TRUNK OF CORE VALUES | BRANCHES OF ASPIRATION | LEAVES OF SIGNIFICANT PEOPLE



DRAW YOUR PERSONAL TREE OF ORIGIN, VALUES & GROWTH

TALK_SENSE_02 • EXPLORE WHO YOU ARE • COMPLETE 62-PAGE EDITION

SELF-AWARENESS / WELLBEING / HUMAN BEHAVIOUR / PERSONAL GROWTH / IDENTITY MAPPING

THE ARCHITECTURE OF SELF-KNOWLEDGE

"We spend years learning about the world. But rarely enough time learning about ourselves."

You are not a static object; you are a living organism shaped by the soil you grew in, the weather you endured, and the light you reached for. In narrative and expressive arts therapy, the **Tree of Life** metaphor offers a grounded, visual framework to map your whole identity without judgment. By mapping your roots, trunk, branches, leaves, and fruit, you step outside the chaos of daily reaction and see the magnificent, resilient continuum of your life.

Part 01

1. THE ROOTS (ORIGINS)

Where you come from: your family, culture, ancestry, early memories, childhood traditions, and foundational life events.

Part 02

2. THE TRUNK (CORE VALUES)

What sustains you: core beliefs, non-negotiable morals, personal strengths, skills, and the values you refuse to compromise.

Part 03

3. THE BRANCHES (ASPIRATIONS)

Where you are reaching: your long-term hopes, creative yearnings, professional ambitions, and the direction of your expansion.

Part 04

4. LEAVES & FRUIT (COMMUNITY)

The significant people, teachers, and companions who provide shade, along with the unique gifts, kindness, and talents you bear.

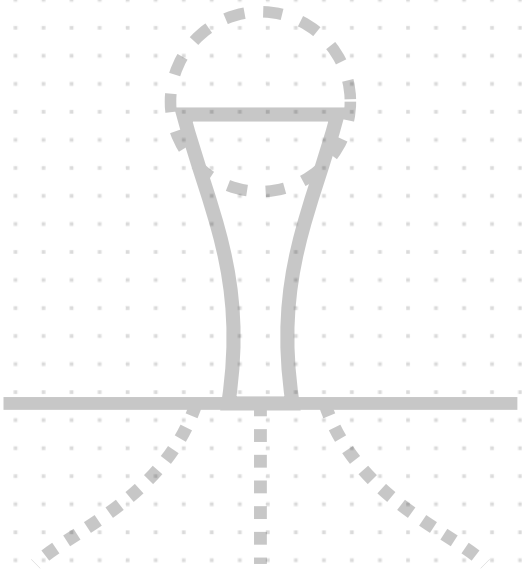
THE THREE PRACTICE MODALITIES IN THIS BOOK

1. STRUCTURAL ANATOMY CANVASES → 2. DUAL IDENTITY CHAMBERS → 3. TRI-REFLECTIVE SOIL AUDITS

CANVAS 01

THE MASTER TREE OF SELF

Map your complete personal tree in broad strokes: subterranean roots, sturdy core trunk, expansive branches, and fruit.



CANVAS 02

SUBTERRANEAN ANCESTRY & ORIGINS

Look beneath the surface of the soil. What family histories, ancestral lands, and early cultural traditions anchor your foundation?

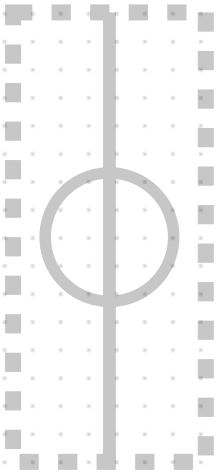
CULTURAL & ANCESTRAL SOIL

EARLIEST CHILDHOOD ANCHORS

CANVAS 03

THE STURDY CORE: MY UNCOMPROMISING VALUES

The trunk provides structural integrity against gales. Draw the concentric rings of moral principles and self-respect that hold you upright.



CANVAS 04

FORMATIVE WATERSHED MOMENTS

Trees exhibit thick rings corresponding to flood, fire, and drought years. Identify the three events that most radically reshaped you.

1. THE CRUCIBLE EVENT

A crisis that demanded courage:

2. THE AWAKENING MOMENT

When your worldview expanded:

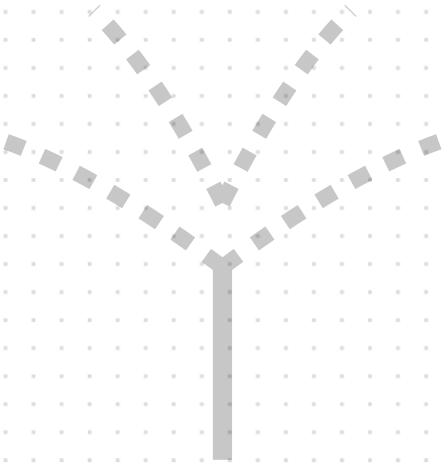
3. THE CHOSEN REDIRECTION

A deliberate course correction:

CANVAS 05

BRANCHES: WHERE I AM REACHING

Branches reach outward toward the sun. Draw the directions, aspirations, and creative adventures you yearn to expand toward next.



CANVAS 06

THE CANOPY OF LEAVES: WHO SHELTERS ME

In the Tree of Life model, leaves represent significant mentors, companions, authors, and loved ones who provide shade and breath.

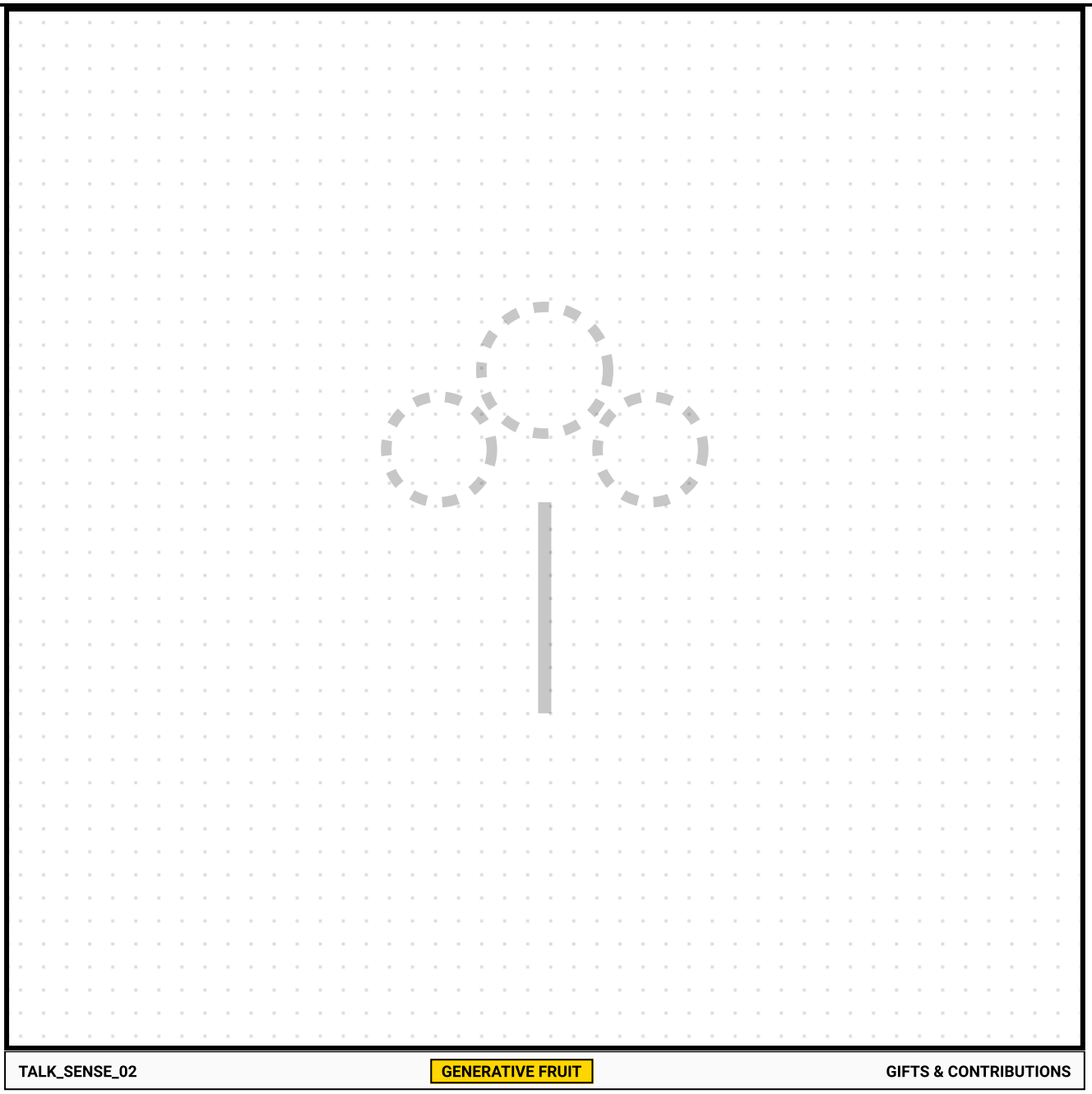
MENTORS, GUIDES & ELDERS

CHOSEN COMPANIONS & ALLIES

CANVAS 07

THE FRUIT: MY UNIQUE GIFTS TO THE WORLD

Draw the blossoms and fruits of your tree: your kindness, creative contributions, resilience, humor, and generative capacities.



CANVAS 08

THE COMPOSITION OF MY SOIL

Soil contains both nourishing minerals and acidic clay. What parts of your origin gave you nutrients, and what demanded adaptation?

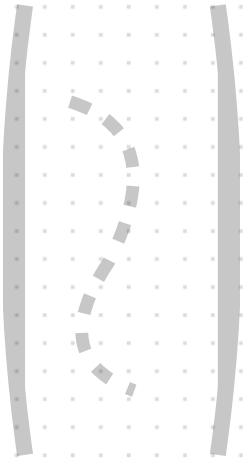
NUTRIENTS THAT SUSTAINED ME

ADVERSITY THAT FORGED RESILIENCE

CANVAS 09

THE GNARLED BARK: SCARS THAT HEALED

A mature tree bears calluses, lightning strikes, and healed limbs. Draw the textured bark of your life, honoring your survival marks.



CANVAS 10

THREE NON-NEGOTIABLE BELIEFS

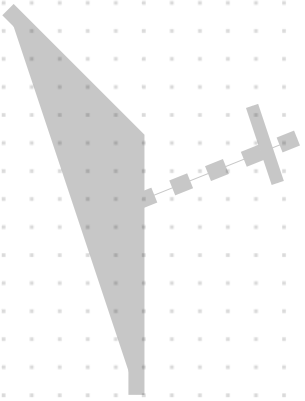
Identify the deep convictions that guide your conscience when external opinions become loud.

1. ABOUT HUMAN DIGNITY	2. ABOUT PERSONAL RESPONSIBILITY	3. ABOUT LOVE & LOYALTY

CANVAS 11

THE PRUNED BRANCH: CONSCIOUS REDIRECTION

Pruning directs life force where it matters most. Draw branches you intentionally cut back to let healthier shoots thrive.



TALK_SENSE_02 | PRUNING RITUAL | DELIBERATE FOCUS

CANVAS 12

INHERITED HABITS VS. CHOSEN BEHAVIORS

Separate automatic childhood scripts from the mature, conscious conduct you choose today.

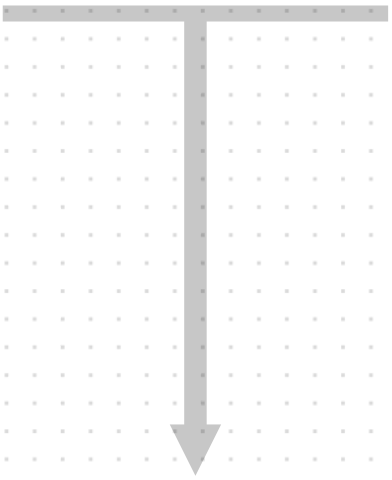
INHERITED REFLEXES TO OUTGROW

CONSCIOUS POSTURES I PRACTICE

CANVAS 13

THE PRIMARY TAPROOT: MY CENTRAL ANCHOR

Draw the single deepest root that anchors your survival through catastrophic drought. What truth sustains you when everything else fails?



CANVAS 14

THE THREE MENTORS IN THE CANOPY

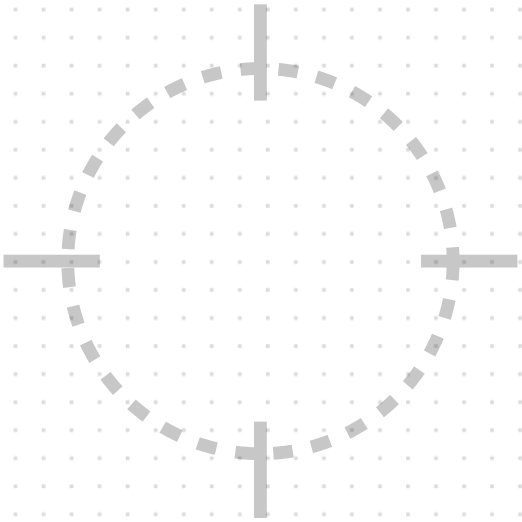
Identify three figures whose wisdom actively shapes your thoughts, writing, or decisions.

1. THE MORAL GUIDE	2. THE CREATIVE SPARK	3. THE STEADY ANCHOR

CANVAS 15

PHOTOSYNTHESIS: WHAT GIVES ME LIFE

Leaves absorb light and air to generate fuel. Draw the experiences, books, and environments that revitalize your spirit.



CANVAS 16

OUTER PRESSURES VS. INNER TRUTH

Wind bends branches, but the trunk remains grounded. Discern societal expectations from your authentic desires.

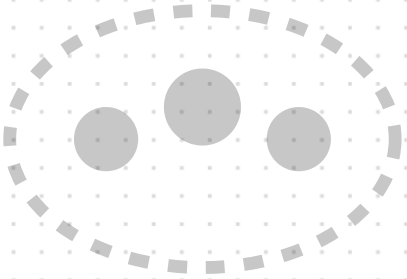
EXTERNAL PRESSURES TO FILTER

INTERNAL TRUTHS TO HONOR

CANVAS 17

THE ORCHARD OF CREATIVE WORKS

Draw the ideas, projects, spaces, and communities you have brought to fruition through sustained devotion.



CANVAS 18

THREE GIFTS I OFFER OTHERS

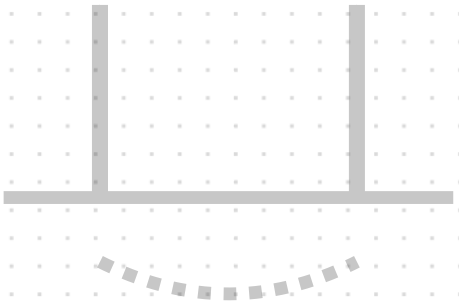
A healthy tree offers shade, oxygen, and fruit. Name three generative capacities you naturally share.

1. MY PRESENCE & LISTENING	2. MY UNIQUE INSIGHT	3. MY STEADFAST LOYALTY

CANVAS 19

THE FOREST OF COMPANIONSHIP

Trees survive droughts by linking underground root systems with neighbor trees. Draw your reciprocal forest network.



CANVAS 20

THE SEASONAL SHEDDING

Trees drop their leaves each autumn to protect their energy. What identities or duties are you ready to shed?

EXPIRED LEAVES TO DROP	CORE VITALITY TO PRESERVE

CANVAS 21

THE EMERGENCE OF SPRING SHOOTS

Draw a fresh green shoot emerging from a weathered branch. What brand-new interest, hobby, or dream is starting to unfold?



CANVAS 22

THREE SOIL AMENDMENTS

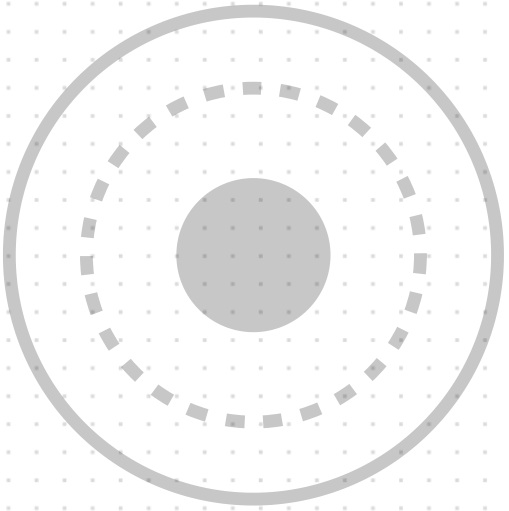
When soil becomes exhausted, nutrients must be added. What three habits replenish your psychological ground?

1. REST & STILLNESS	2. MOVEMENT & NATURE	3. UNPLUGGED SILENCE

CANVAS 23

THE HEARTWOOD: SACRED INNER RING

The deepest ring in a trunk is the heartwood—dense, dormant, and supportive. Draw what lies at your absolute, unshakeable center.



CANVAS 24

ROOTS OF PAIN VS. ROOTS OF POWER

Even adversity supplies underground minerals. Compare what hurt you with the fierce determination it provoked.

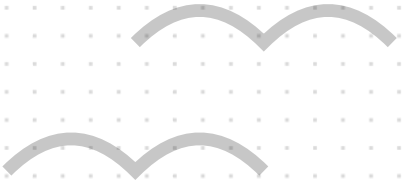
THE ORIGIN OF THE WOUND

THE FIERCE STRENGTH BORN OF IT

CANVAS 25

THE BIRDS IN MY CANOPY: FLEETING JOYS

Birds alight in branches, sing, and take flight. Draw the temporary, delightful pleasures that bring joyful song into your life.



CANVAS 26

THREE UNSHAKABLE COMMITMENTS

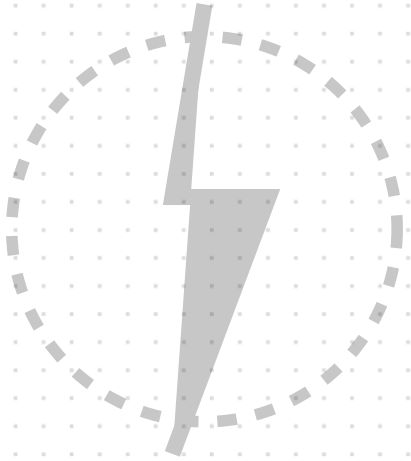
State the promises you make to your own soul that remain firm regardless of circumstance.

1. TO MY HEALTH	2. TO MY GROWTH	3. TO MY INTEGRITY

CANVAS 27

SURVIVING THE LIGHTNING STRIKE

Draw a branch blackened by lightning that has nevertheless sprouted vigorous new growth around the wound.



CANVAS 28

ROOTS OF BELONGING VS. BRANCHES OF INDEPENDENCE

Honor both your loyalty to your tribe and your distinct right to individual autonomy.

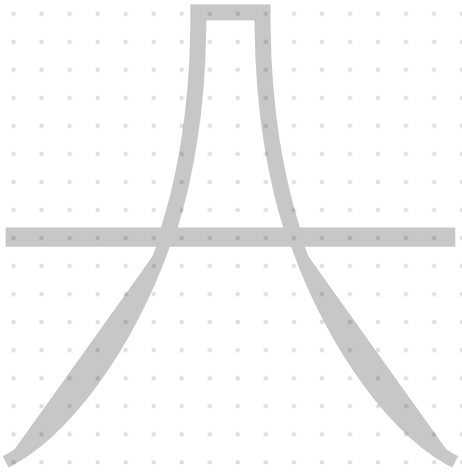
LOYALTY TO MY HERITAGE

MY INDIVIDUAL SOVEREIGNTY

CANVAS 29

THE ROOT COLLAR: WHERE GROUND MEETS AIR

The root collar is the precise junction where subterranean anchor turns into aerial trunk. Draw your moment of becoming visible.



TALK_SENSE_02 | THE TRANSITION POINT | BECOMING VISIBLE

CANVAS 30

THREE GENERATIONAL LEGACIES

Examine what was passed down across generations: what you break, what you heal, and what you celebrate.

1. THE CHAIN I BROKE	2. THE WOUND I HEALED	3. THE GIFT I CARRY

CANVAS 31

LICHEN ON THE NORTH FACE: QUIET HUMILITY

Draw soft, ancient moss clothing the north side of the trunk. How does humility protect you from the harsh glare of ego?



CANVAS 32

GIFTS RECEIVED VS. GIFTS GENERATED

Acknowledge the grace and mentorship you absorbed, and document the contributions you generate outward.

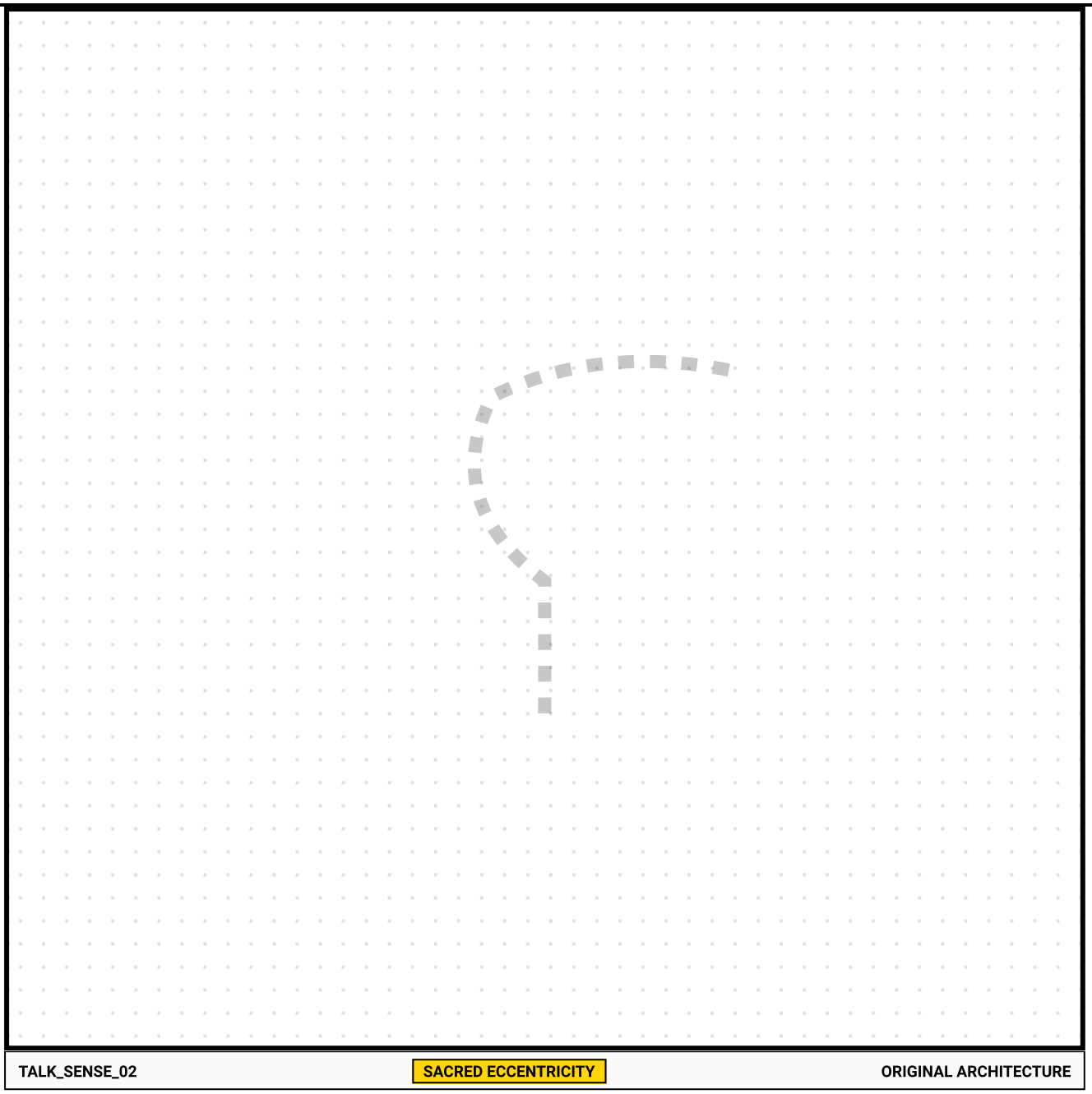
GRACE & BLESSINGS RECEIVED

SERVICE & VALUE I CONTRIBUTE

CANVAS 33

THE UNRULY BRANCH: MY ECCENTRICITIES

Not all branches follow symmetrical geometry. Draw that strange, beautiful, eccentric bough that makes you completely original.



CANVAS 34

THREE CREATIVE PASSIONS

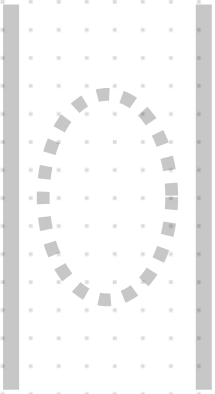
Identify the pursuits that make you lose track of time and connect you directly to creative vitality.

1. WORDS & REFLECTION	2. MAKING & CRAFTING	3. EXPLORING & SEEKING

CANVAS 35

THE NESTING HOLLOW: SPACE FOR VULNERABILITY

Ancient oaks develop hollows where owls and foxes nest. Draw the soft cavity in your trunk where tender vulnerability lives safely.



TALK_SENSE_02 | SAFE VULNERABILITY | NESTING SANCTUARY

CANVAS 36

ROOT DEPTH VS. BRANCH HEIGHT

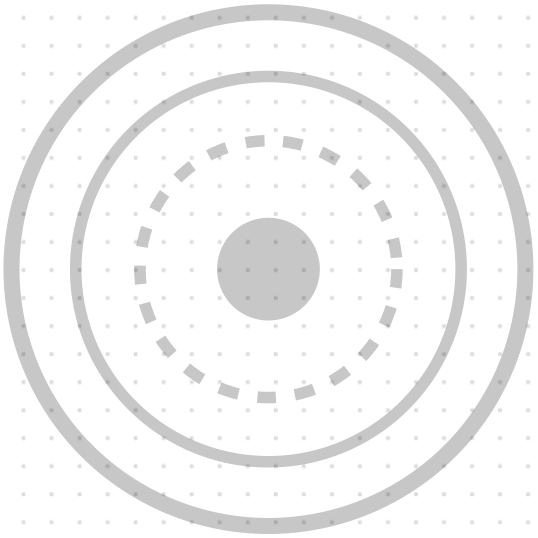
A tree can only safely reach as high into the sky as its roots delve into the earth. Audit your balance of expansion and grounding.

GROUNDING PRACTICES (ROOT)	AMBITIOUS REACH (BRANCH)

CANVAS 37

THE CROSS-SECTION: CONCENTRIC ERAS

Draw concentric circular rings from your center core to outer bark. Label the eras: Childhood, Wandering, Crucible, Renewal.



CANVAS 38

THREE BOOKS THAT REWIRED MY TRUNK

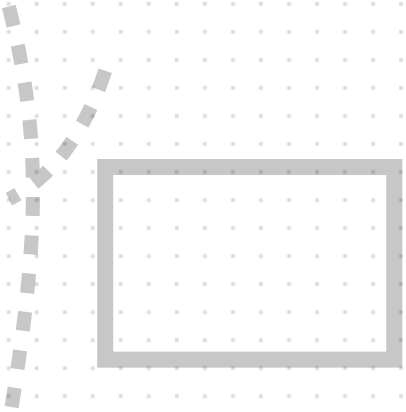
Identify the volumes, essays, or texts that acted as intellectual fertilizer, forever changing how you see reality.

1. THE PHILOSOPHICAL SHIFT	2. THE PSYCHOLOGICAL MIRROR	3. THE CREATIVE CATALYST

CANVAS 39

THE SUBTERRANEAN GRANITE WALL

Roots navigate around bedrock. Draw how your roots discovered an impassable boundary and wisely turned in a healthier direction.



CANVAS 40

CHILDHOOD REVERIE VS. ADULT REALISM

Bridge your eight-year-old wonder with your mature, seasoned competence. Reconnect both halves.

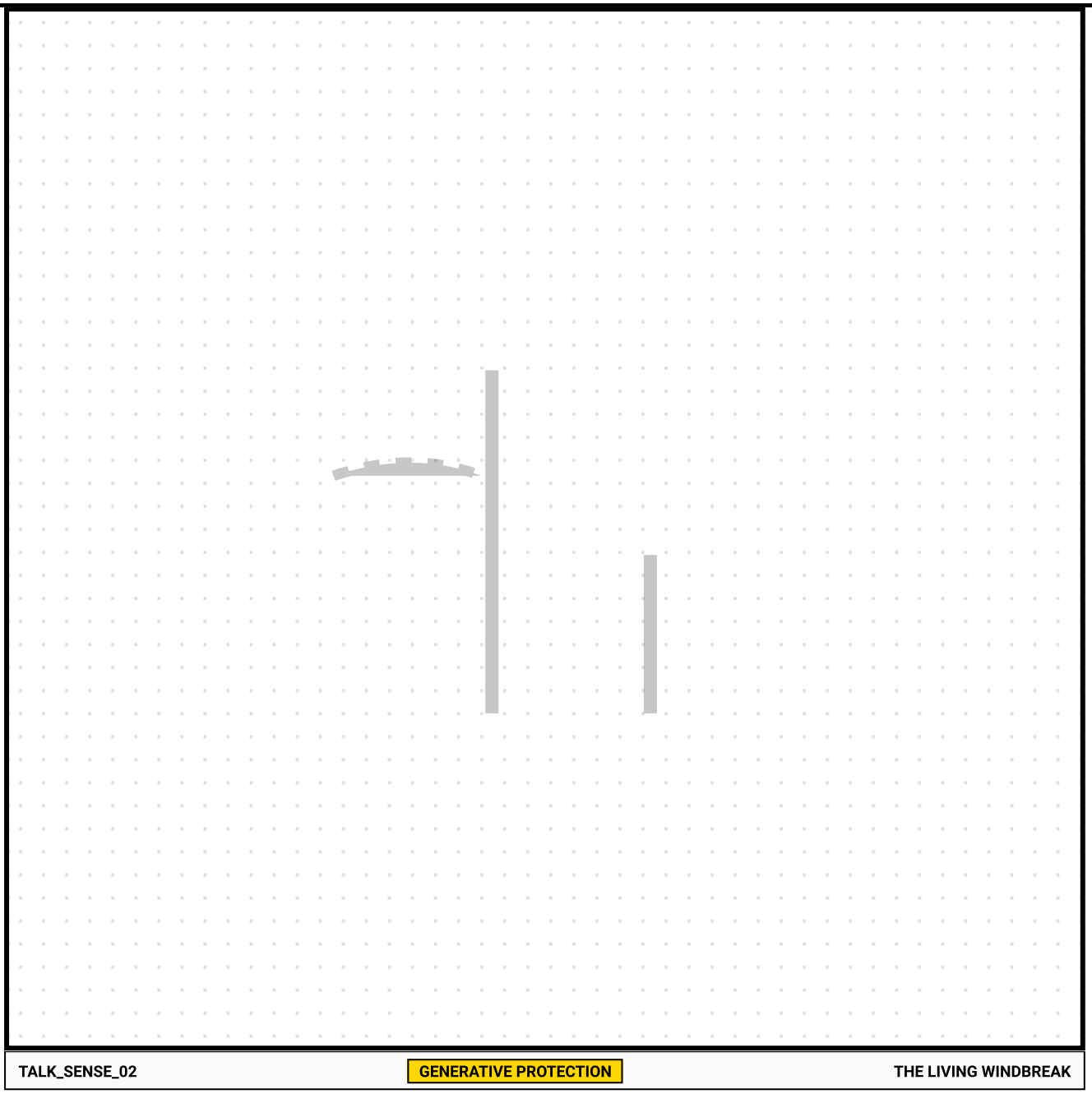
CHILDHOOD MAGIC TO RECLAIM

ADULT WISDOM TO HONOR

CANVAS 41

ACTING AS A WINDBREAK FOR OTHERS

Mature trees break the fury of winter winds for young saplings. Draw where you intentionally provide safety and protection.



CANVAS 42

THREE PLACES THAT GROUND MY SOUL

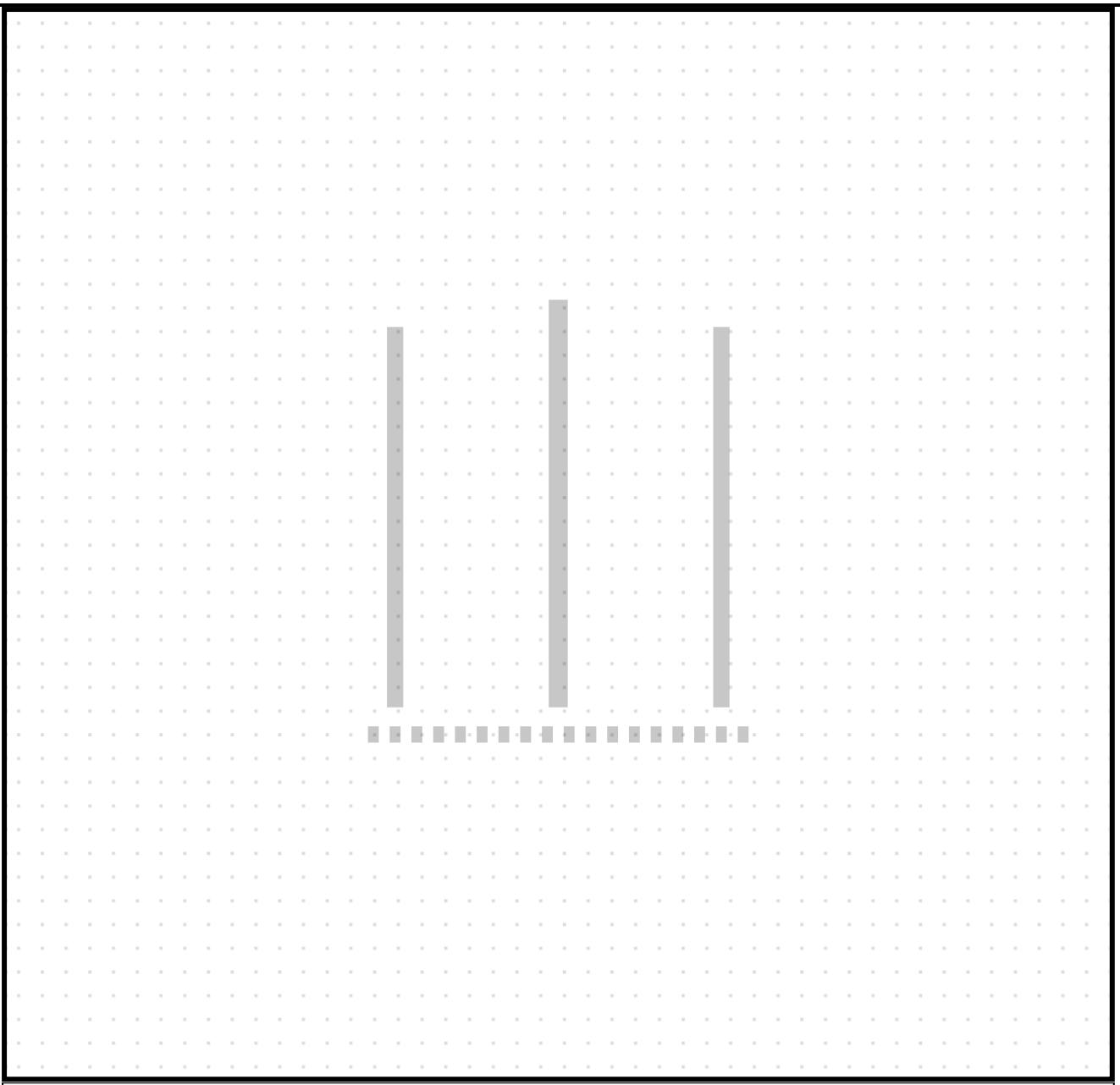
Identify the physical geography, rooms, or natural locations where your nervous system instantly exhales.

1. NATURAL SANCTUARY	2. QUIET INTERIOR ROOM	3. SACRED MEMORY PLACE

CANVAS 43

STANDING WITH THE REDWOODS

Redwood roots interlock shallowly with neighbors, withstanding millenniums of gales. Draw your collective root network.



CANVAS 44

THE OUTER WEATHER VS. INTERNAL CLIMATE

You cannot regulate the storm clouds outside; you can govern the temperature and peace within your own boughs.

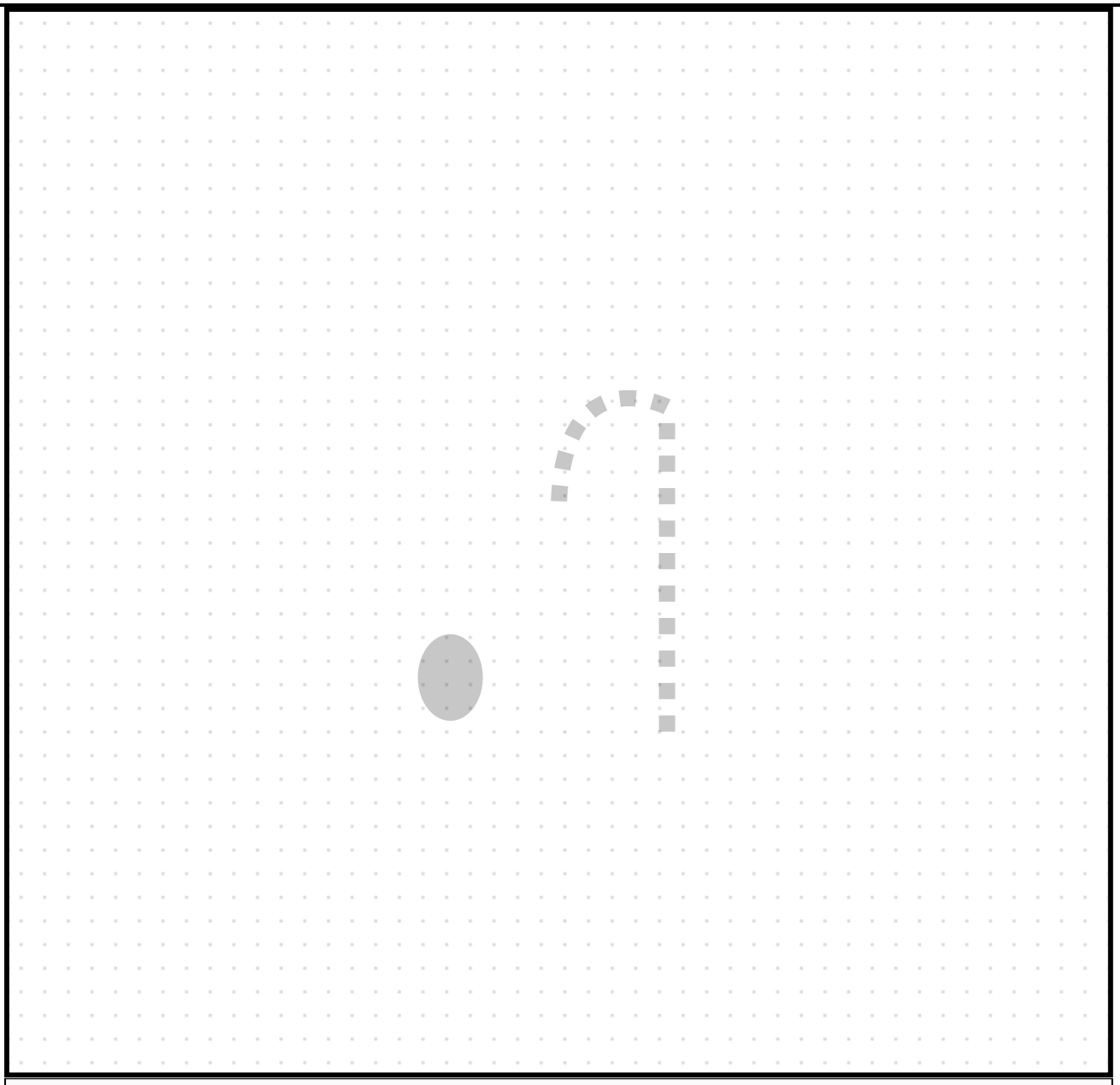
EXTERNAL CHAOS TO SURRENDER

INTERNAL SERENITY TO MAINTAIN

CANVAS 45

THE ACORN THAT STARTED IT ALL

Draw a tiny acorn resting next to a towering hundred-foot oak, marveling at how much complex beauty was encoded inside that tiny seed.



CANVAS 46

THREE MORAL NON-NEGOTIABLES

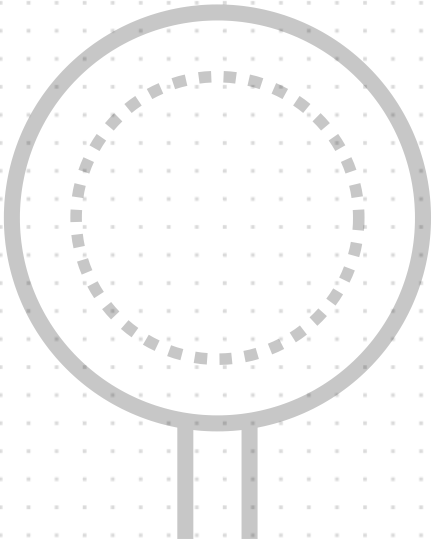
Identify the three lines in the sand you refuse to cross under any financial, social, or emotional pressure.

1. IN TRUTH-TELLING	2. IN SELF-RESPECT	3. IN LOYALTY TO THE VULNERABLE

CANVAS 47

THE CANOPY IN FULL BLOOM

Draw your tree at the height of midsummer maturity—bursting with lush foliage, active bird life, and cool restorative shade.



CANVAS 48

ROOTED HERE VS. REACHING BEYOND

Appreciate your current life station while maintaining open curiosity about future horizons.

PRESENT STATION I CHERISH	FUTURE HORIZONS I EXPLORE

CANVAS 49

LIVING ROOT BRIDGES: BRIDGING DIVIDES

In Meghalaya, living tree roots are guided across rushing rivers to form bridges. Draw how your values connect disparate people.



CANVAS 50

THREE ANCESTRAL STRENGTHS

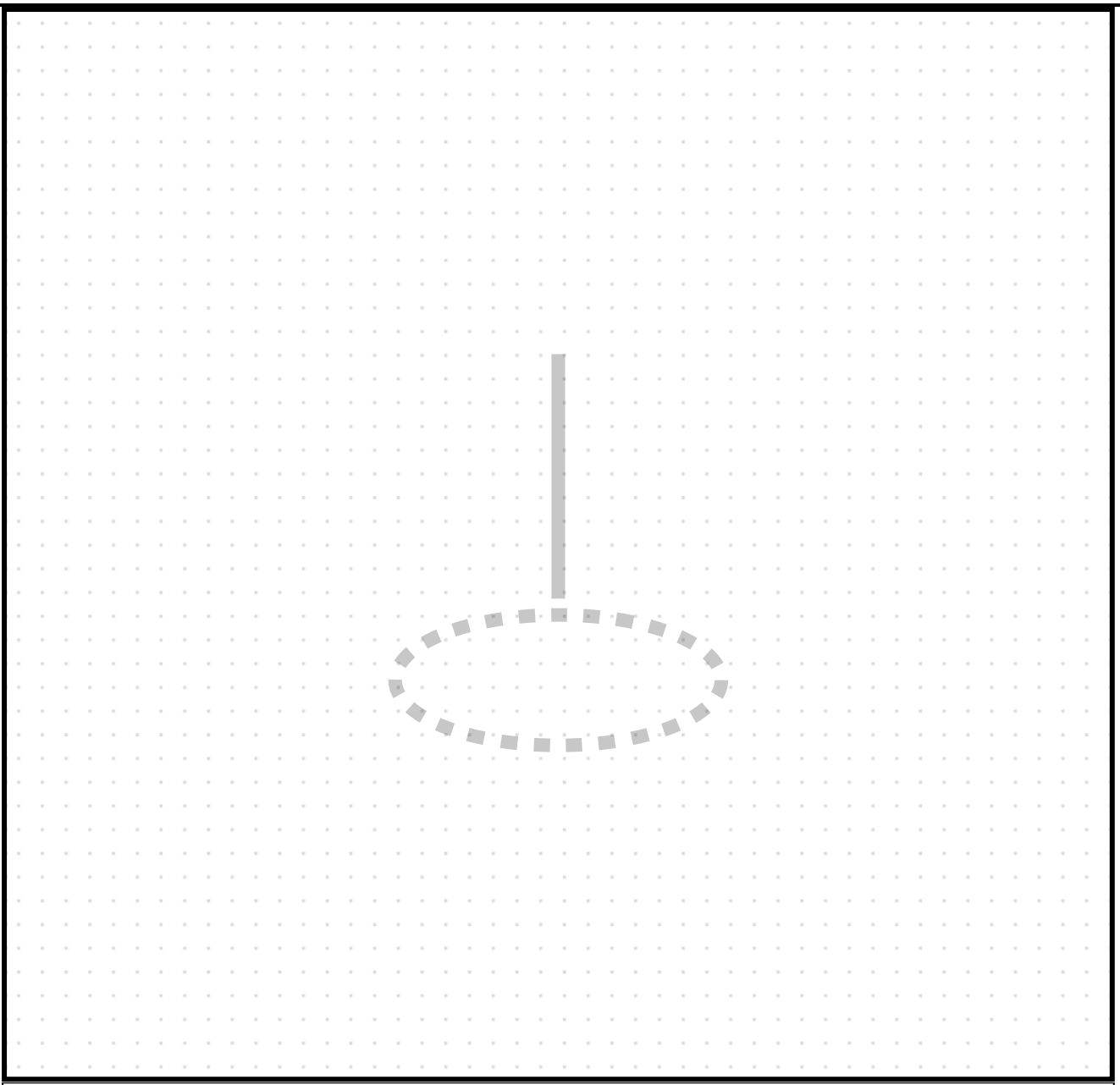
Identify three character traits possessed by your ancestors or elders that pulse strongly in your own veins.

1. PRACTICAL FORTITUDE	2. RELENTLESS HUMOR	3. QUIET DEVOTION

CANVAS 51

THE SUBTERRANEAN SPRING

Deep roots tap pure aquifers hidden hundreds of feet beneath dry gravel. Draw your connection to quiet infinite reserves.



CANVAS 52

DEFENSIVE THORNS VS. OPEN BLOSSOMS

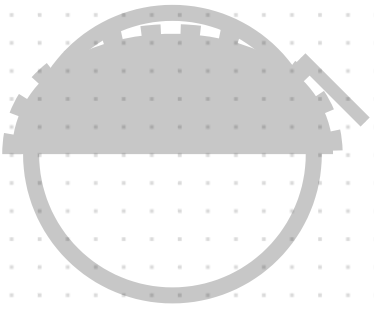
Some trees carry sharp thorns for defense and sweet blossoms for pollination. Differentiate your boundaries from your hospitality.

PROTECTIVE THORNS (FIRM LIMITS)	OPEN BLOSSOMS (WARM WELCOME)

CANVAS 53

SEVERING THE GIRDLING ROOT

Sometimes a root wraps around the trunk, strangling its own tree. Draw the outdated self-limiting belief being carefully pruned away.



TALK_SENSE_02 SELF-STRANGULATION ENDED TRUNK FREED

CANVAS 54

THREE TRUTHS ABOUT MY NAME

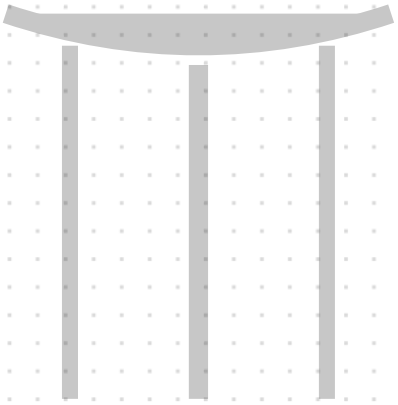
Reflect on the name you were given, what it meant to your family, and the identity you have forged around it.

1. THE ORIGIN OF MY NAME	2. WHAT IT HAS CARRIED	3. THE MEANING I ADD TO IT

CANVAS 55

THE PROP ROOTS OF THE BANYAN

Banyan branches drop aerial roots down to become secondary supportive trunks. Draw the endeavors and passions that now hold up your life.



CANVAS 56

WHAT SUSTAINS ME VS. WHAT DEPLETES ME

A tree planted near stagnant, polluted runoff sickens; planted near clear mountain creeks, it thrives. Audit your relational watershed.

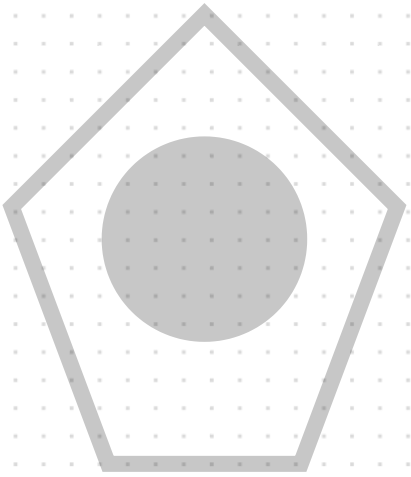
WATERS TO DIVERT AWAY FROM

CLEAR SPRINGS TO DRINK FROM

CANVAS 57

THE GRAND ARCHITECTURE SYNTHESIS

Review your roots, trunk, branches, leaves, and fruit. Synthesize your foundational identity in one clear statement of self-fidelity.



CANVAS 58

MY LIVING MANIFESTO OF SELF

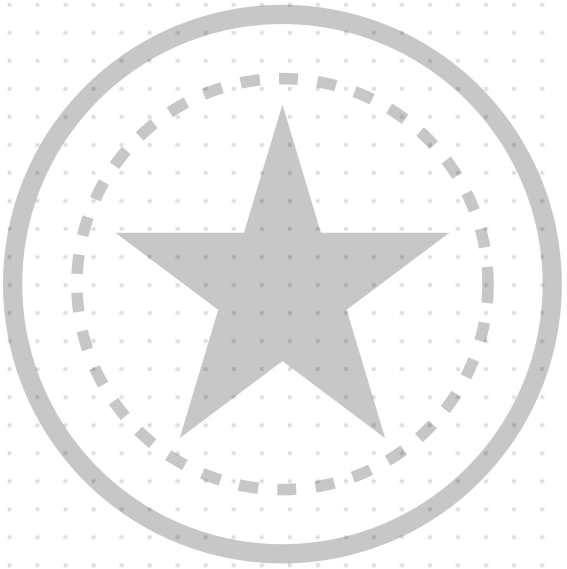
Complete the three statements that anchor who you are, how you love, and where you are going.

1. I AM GROUNDED IN...	2. I STAND STRONG FOR...	3. I AM REACHING TOWARD...

CANVAS 59

THE COMPLETE TREE OF LIFE SEAL

Your 62-page journey of identity exploration is complete. Stamp this seal with your hand, honoring the rooted, soaring human being you are.



TALK_SENSE_02 | MASTER SEAL OF SELF | ROOTED & FREE

SELF-AWARENESS / WELLBEING / HUMAN BEHAVIOUR / PERSONAL GROWTH

TALKSENSE02 EXPERIENTIAL PUBLICATION

"We spend years learning about the world. But rarely enough time learning about ourselves."

Who are you when the noise of external expectations is stripped away? **Roots of Me** provides an evidence-based, 62-page narrative art therapy sanctuary engineered to explore your foundational origins, core non-negotiable values, and future horizons. Utilizing the clinically proven Tree of Life methodology, this workbook guides you to draw and document your subterranean ancestry, examine your structural moral trunk, and celebrate the expanding canopy of community and contributions you share with the world.

THE TREE OF LIFE MODEL

Explore narrative therapy's renowned structure: roots of origin, trunk of values, and branches of hope.

ANCESTRAL & CULTURAL ROOTS

Investigate the foundational childhood anchors, family soils, and watershed moments that shaped your resilience.

VALUES & NON-NEGOTIABLES

Solidify your core character rings, ethical boundaries, and the beliefs that keep you upright in heavy winds.

PRINT-CALIBRATED DRAWING CANVASES

Subtle dot-matrix grids and watermarked guides suited for pencils, markers, and reflective journaling.