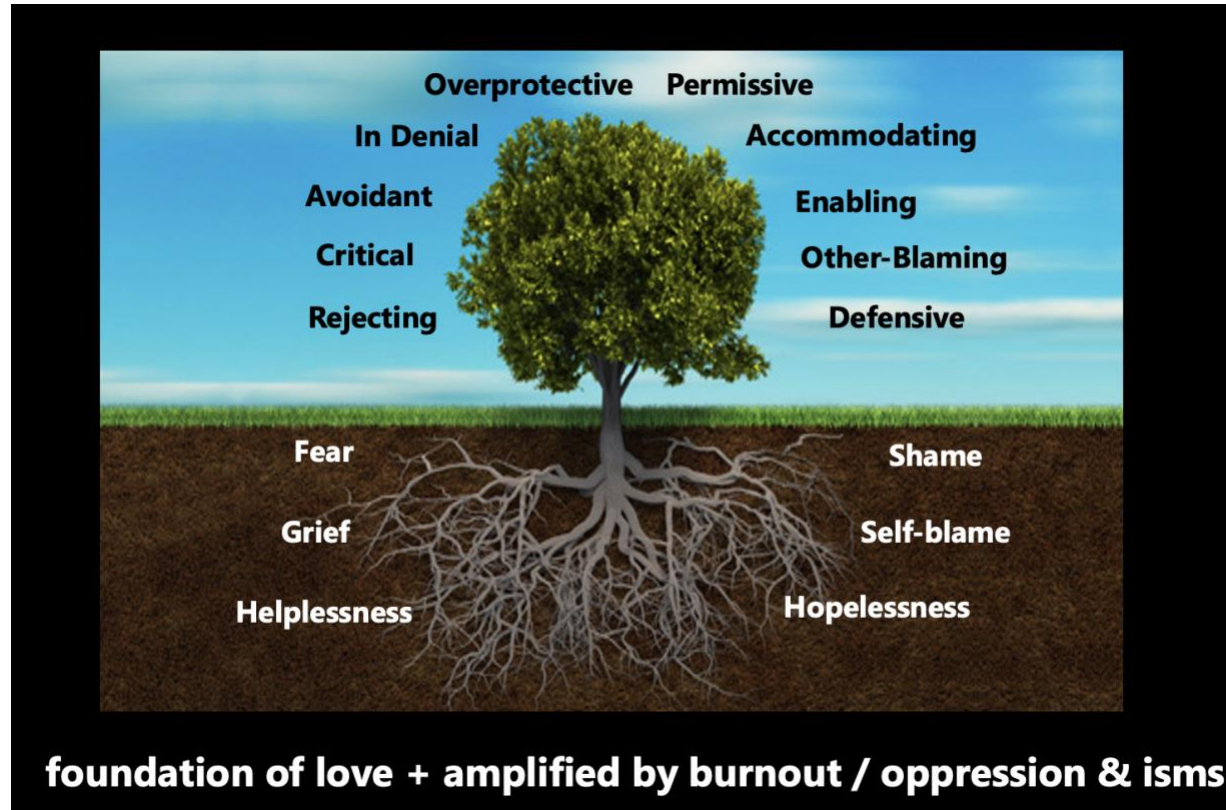


Tree Metaphor



1. When _____ occurs (event): _____,
2. I sometimes feel (emotions – roots): _____,
3. and I can react with (pattern – branches) : _____,

Note: These cycles are completely normal when under stress. They are also fueled by **love**. However, they do need our attention as they can lead to problems at home and between co-caregivers.

