

## The Confusion Tree

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It tends to creep into your life without notice; seeking to stagnate your progression and deplete your deepest desires. Confusion distress derives from the depletion of self-worth, confidence, and motivation. This progressive thief consistently attacks the cracks in your life... like Achilles it was not the bone that became broke, it was the tendon.

### *What is the root of your confusion?*

**Identify the Root(s):** When assessing confusion begin to identify “Nouns” (Persons, Places, and Things) of your life. In my experience, both professionally and personally, the root of challenge(s) is trauma-based. Maladaptive behaviors are defense mechanisms that consciously and subconsciously attempt to protect and prevent further trauma exposure. Such behaviors integrate into baseline mental health functioning thus developing negative coping mechanisms. When we are able to identify the reason for the behavior, then the healing process can begin by replacing the negative mechanisms and replace them with positive interventions. It all starts at the root.

**Measure the Trunk:** Exposure from trauma, stress, and anxiety form subconscious layers around us that we develop to adapt to the influencing stimuli in our environment over time. As a tree begins to grow the trunk of the tree begins to widen, depending upon the type of tree the diameter fluctuates over time. Exposure to harsh conditions and a malnourished environment force to tree to either adapt or struggle to survive. As a result of the continuous weathering the trees endure, they become malleable to their environment even if it unsettling. Humans adapt similarly, when conditions begin and continuously deplete with no assurance of sustainability, survival becomes a harsh reality. The trunk of confusion uses the weathering in life as magnification of trial rather than impeccable opportunity for evolution and growth.

**Assess the Branches and Leaves:** Branches make up the skeleton of a tree, the fundamental attributes that distinguish trees from any other type of agriculture. Dependent upon the type, the treetops vary from luscious and full to broad and thin. Most trees lose their leaves annually, allowing the branches to be exposed and the leaves to be renewed. The trees are most vulnerable to damage, yet they still stand strong... knowing that their leaves will return soon. Some of the trees may lose a few branches, some bigger than others; collectively they accept the reality that some branches break but that does not hinder a new branch from growing in its place.