



The Tree of Life process allows individuals to share their lives through creating their own tree of life which enables them to speak about their lives in ways that make them stronger without retraumatizing them. The Tree of Life focuses on strengthening the individual's relationships with their own history, culture, and any significant people and places.

ROOTS: Where do you come from? What people, places, things, and ideas have shaped your life the most?

ROCKS: Identify people, places, or events that have been harmful to you and you no longer want to have any control over you.

TRUNK: List your values, what is important to you? Identify at least one skill you have.

BRANCHES: What are your hopes and dreams? What are your short term and long term goals?

LEAVES: List people, places, and things that are important to you now, supports in your life.