

# THE COACH'S TOOLBOX

## THE FRUIT TO ROOT DIAGNOSTIC

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### USE THE FRUIT TO ROOT DIAGNOSTIC FOR PERSONAL PROBLEMS

1. Help small group leaders see **how to use the Heart Revealing Questions**.
2. Help small group leaders **learn to identify the root** behind various problems.
3. Help small group leaders **see the tool as a guide**.

For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Luke 6:43-45

### HEART REVEALING QUESTIONS

1. Describe the situation... (When were you squeezed or tempted?)
2. What were you thinking or feeling?
3. What did you want?
4. How did you respond?
5. What was the outcome / consequences?
6. What might God be trying to teach you through this?

# FRUIT-TO-ROOT DIAGRAM



Describe the Situation... what was your response to it?

## FRUIT / BEHAVIOR

### ANGER

Interrupting / Defensive  
Impatient / Irritable  
Critical / Judgmental  
Sarcastic / Harsh

### FOOLISHNESS

Deceiving / Lying  
Joking / Distracting  
Insensitive / Immature  
Attention-seeking / Emotional

### DESPAIR

Hiding / Escaping  
Complaining / Grumbling  
Lonely / Dependent  
Self-conscious / Shy

### FEAR

Controlling / Avoiding  
Second-guessing  
People-pleasing  
Enabling / Appeasing

What did you think or feel in this situation?

## TRUNK / THOUGHTS

### ANGER

Bitter / Vengeful thoughts  
Condemning / Judging  
I'm right / Can't be wrong  
I'm entitled

### FOOLISHNESS

Selfish / Blame-shifting  
Obsessive / Fantasy  
I'm a trouble maker  
I can't help it

### DESPAIR

Defeating / Doubting  
Self-pity / Jealousy  
I'm a loser / Why go on  
I'm unworthy

### FEAR

Perfectionistic / Self-protective  
Victim mentality / Shame  
I'm damaged goods  
I'm unlovable

What did you want?

## ROOT / MOTIVES

### ANGER

Control  
Authority  
Power

### FOOLISHNESS

Pleasure  
Attention  
Greed

### DESPAIR

Comfort  
Affirmation  
Escape

### FEAR

Security  
Acceptance  
Peace

A full-page version of this diagram is available at [HarvestSmallGroups.com](http://HarvestSmallGroups.com)