The Addiction Tree

Participant Workbook | Explore vulnerability, strengths, and recovery possibilities

The tree is a metaphor—not a diagnosis or a prediction. Your experience may not match every part of it. You can write about a fictional person instead of yourself. You may skip any prompt.

Tree 1: The Addiction Tree

Soil and seeds: What life circumstances or inherited vulnerabilities might influence risk? (You do not need to describe trauma.)

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Roots: What feelings or unmet needs might be present—for example, fear, grief, anger, or loneliness?

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Trunk: How might these experiences influence a person’s sense of self or connection?

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Branches: What coping behaviors might develop? Which are protective, and which might create problems?

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The Recovery Tree

Participant Workbook | Building supportive conditions

Soil and seeds: What safe people, resources, treatment options, or environments could nurture growth?

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Roots: What strengths or skills can grow—self-acceptance, emotional regulation, confidence, compassion?

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Trunk: What would feeling more connected, capable, or grounded look like?

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Branches and fruit: What healthy activities, relationships, goals, or daily changes might follow?

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From Roots to Growth

Two Trees Reflection & Personal Action Plan

1. Which parts of either tree resonate with you? Which do not?

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_____

2. What parts of your history are outside your control?

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3. What is one protective factor you can strengthen now?

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4. What is one small, realistic action you can take this week?

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5. Who or what can support you if the action feels difficult?

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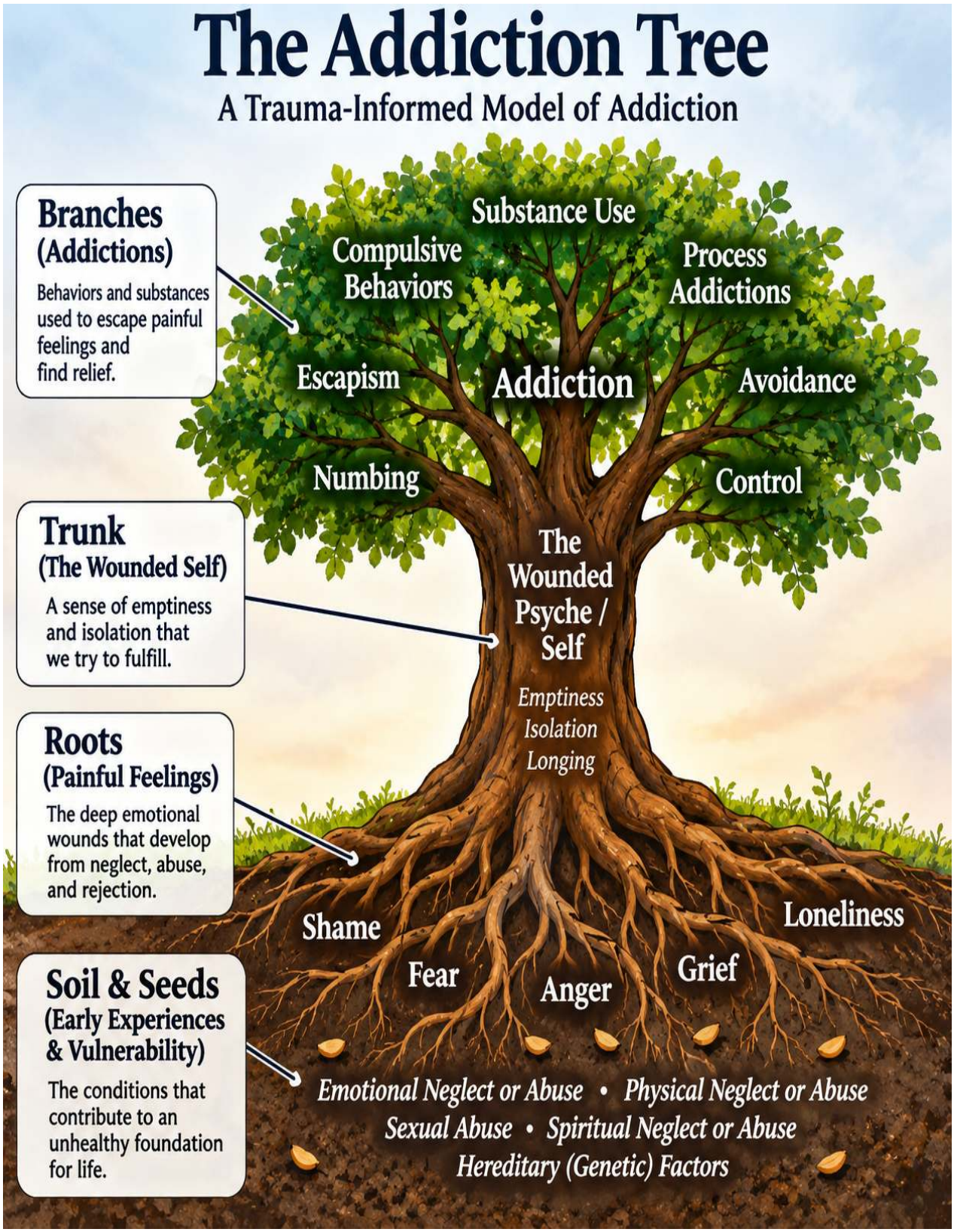
Optional closing reflection

Recovery can include treatment, medication, community, safer coping strategies, and many different sources of meaning. Growth does not require forgiveness, spirituality, family reconciliation, or disclosure of painful experiences.

Note: This worksheet is educational and is not a clinical assessment or treatment plan.

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THE ADDICTION TREE | GROUP VISUAL



A reflection metaphor, not a universal explanation of addiction.

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BUILD YOUR OWN ADDICTION TREE

Add your own words, examples, or connections to each section. You may use fictional examples, initials, or keep details private. You can pass on any prompt.

BRANCHES | Behaviors and coping patterns

TRUNK | Sense of self and needs

ROOTS | Feelings and unmet needs

SOIL & SEEDS | Experiences and vulnerabilities

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