WATER THE ROOTS

Evidence-informed. Nature-inspired. Relationship-centered.

FOR PROFESSIONALS

Professional Reflection Guide

Created by Melissa R. Tower, MA, LLP

A nature-inspired language for looking beneath the visible moment and considering what may need tending. These prompts support reflection and discussion; they are not a sequence, score, or assessment.

Water - Noticing

Pay attention to what is happening in ourselves, in another person, and between us.

What am I noticing? What is observed, and what am I assuming?

Sunlight - Seeing

Stay curious about the whole person and the context around a difficult moment.

What might I not be seeing yet? Whose perspective is missing?

Soil - Safety

Consider dependable care, belonging, predictability, and appropriate structure.

What supports enough safety here while preserving needed limits?

Wind - Challenge

Consider manageable practice, responsibility, and growing capacity.

Where might support make room for challenge? What support is needed?

Pruning - Repair

Consider boundaries, accountability, changed behavior, and repair when appropriate.

What needs a boundary, change, understanding, or repair?

Use with professional judgment

Water the Roots is an educational philosophy, not an independently validated psychotherapy treatment model. This guide does not replace individualized assessment or established evidence-based care.

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A REFLECTION WORKSHEET

Look Beneath the Moment

Choose one situation. Keep written details non-identifying.

The purpose is to widen the view and choose a thoughtful next step, rather than to complete every nourishment.

1. The visible moment

What happened? Separate observations from interpretations.

2. The wider view

What context, strengths, needs, or perspectives deserve attention?

3. What may need tending?

Noticing / Seeing / Safety / Challenge / Repair. Which question helps most?

4. One next step

What will you do, with whom, and when? Consider support and boundaries.

5. Return and reflect

What will you notice afterward? When will you revisit your understanding?

We tend to the conditions. We do not control outcomes.

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