

# The Tree of Unmanageability

"the actor who wants to run the whole show"  
(pages 60-61),

trouble  
with  
personal  
relationships

Restless  
IRRITABLE

DISCONTENT  
(page xxvi)

NOT BEING ABLE TO CONTROL  
OUR EMOTIONAL NATURES.

inability to be of real help to other  
people (page 52)

exhibiting selfish  
and inconsiderate  
habits

SELF-WILL  
RUN RIOT  
(page 62)

depression

misery

UNABLE  
TO  
MAKE A  
LIVING

driven by a hundred forms of  
fear, self-delusion, self-seeking,  
and self-pity (page 62)

feelings of uselessness  
FULL  
OF  
FEAR  
unhappiness

living like a tornado running  
through the lives of others  
(page 82),

leading a double life  
(page 73)

The Root

(Symptoms of  
the  
"Spiritual Malady"  
found in A A's  
Big Book)

Selfishness & Self-Centeredness