

The R.O.O.T.E.D. Model

A Catholic framework for real life • Rooted and Known

R	O	O	T	E	D
Reality	Origin	Overflow	Turning	Election	Dwelling
<i>What is actually happening?</i>	<i>What am I believing?</i>	<i>What am I feeling?</i>	<i>What is God's invitation?</i>	<i>What do I choose to do?</i>	<i>What fruit does this produce?</i>

The R.O.O.T.E.D. Model is a Catholic framework built on the soil and roots metaphor at the heart of Rooted and Known. Unlike secular models, it does not stop at thought and action. It includes the soul — the moment of **Turning** toward God's invitation — and the fruit that grows from a life rooted in Him. Use it in your journal as a daily Examen, and in any hard moment when you want to respond instead of react.

† The T — Turning — is what makes this model distinctly Catholic. Every secular model moves from feeling directly to action. This model pauses first: to listen for God's voice and allow the will to choose freely. This is not a technique. It is a theology of grace.

"Apart from me you can do nothing." — John 15:5

The Model in Full — Each Element Explained

R Reality — *The situation as it actually is*

- This is the starting point — not the problem, just the reality.
- Most people skip this step and begin in Origin (the belief) or Overflow (the feeling).
- Getting clear on Reality is itself a practice. It requires honesty and simplicity.

Ask yourself: “Set aside everything I think about this. What actually happened?”

St. Teresa of Ávila: “Know yourself.” The first movement of self-knowledge is seeing reality clearly.

O Origin — *The thought or belief underneath*

- This is where the predominant fault lives. Pride, vanity, fear — they all operate through beliefs.
- The Origin often has a history — a wound, a formation, a pattern from childhood.
- The goal is not to shame the belief but to name it. You cannot heal what you cannot see.

Ask yourself: “What story am I telling myself about this situation?”

The Examen asks: “What was I believing in that moment?” This is the same question.

O Overflow — *The emotion or feeling that flows out*

- Emotions are not the problem — they are information. They overflow from what we believe.
- Naming the emotion without acting on it is the work. “I feel this, and it is not the truth.”

Ask yourself: “What emotion is underneath all of this? Where do I feel it in my body?”

The Psalms are full of Overflow — David names every feeling before God without apology.

T**Turning — *God's invitation in this moment***

- Before action, there is a moment of Turning — a choice of orientation.
- This is not “what should I do?” It is “Lord, what are You saying here?”
- It honors free will, grace, and the reality that transformation is not self-generated.

Ask yourself: “If I pause right now and ask God what He wants — what do I sense?”

Ignatius of Loyola called this the pivot between consolation, desolation, and action.

E**Election — *The deliberate, discerned choice***

- “Election” is an Ignatian word meaning a deliberate, discerned choice.
- It is not what you feel like doing. It is what you are choosing to do.
- Election is small and specific. Not “be more patient” but “I will call her back calmly.”

Ask yourself: “Given everything I have just seen — what is one specific thing I choose to do?”

The saints did not stumble into holiness. They made thousands of small elections, one at a time.

D**Dwelling — *The fruit — what you are building***

- Dwelling echoes Psalm 23 and John 15 — abiding; where you end up living.
- The fruit is not just an outcome — it is a spiritual environment you inhabit.
- Looking at the Dwelling helps you see the pattern across time, not just in one moment.

Ask yourself: “If I keep believing this and acting from it — what am I building? And if I practice the Turning and the Election — what fruit begins to grow?”

“I am the vine; you are the branches... whoever abides in me bears much fruit.” — John 15:5

Quick Reference Card

Print this page • Keep it in your journal • Return to it in any hard moment

ELEMENT	THE QUESTION	IN YOUR JOURNAL
R Reality	<i>What is actually happening?</i>	Write the situation in 2–3 sentences without judgment.
O Origin	<i>What am I believing about it?</i>	Complete: “I am telling myself that...”
O Overflow	<i>What am I feeling?</i>	Name the emotion. Where do you feel it in your body?
T Turning	<i>What is God’s invitation?</i>	Pause. Pray one sentence. Write what you sense.
E Election	<i>What do I choose to do?</i>	Write one small, specific action you choose.
D Dwelling	<i>What fruit does this produce?</i>	What are you building with this pattern over time?

† The Turning is the heart of it. Every secular model moves from feeling directly to action. This model pauses first — to listen for God’s voice and allow the will to choose freely.

Daily Journal Spread — The Evening Examen

Each evening, choose one moment from your day — a moment of tension, consolation, or confusion. Walk it through the R.O.O.T.E.D. Model. This is your Examen. It takes 10–15 minutes and it will change how you see your life.

R**Reality** *Describe it simply — just the facts, without story or judgment.*

The moment I am bringing to God tonight:

O**Origin** *Complete: “In that moment, I was telling myself that...”*

The belief underneath:

O**Overflow** *Name it. Where did you feel it in your body?*

The emotion I felt:

T**Turning** *Pause. Breathe. Pray one sentence. Write what you sense Him saying.*

God’s invitation in this moment:

E**Election** *One small, specific action. Not what you should do — what you are choosing.*

What I choose:

D**Dwelling** *If I keep living from the Election — what begins to grow?*

The fruit I am building:

✠ One word I want to carry into tomorrow:
