

I think this is the root node cuz that's what the author is trying to get across to the reader. That's if the reader reader wants to help themselves with their stress problem.

I was going to have to be able to heal my old hurts.

if

[what parent node is]

[if not]

I[the author] wanted to be able to stay blissful despite distress,

My[the author] take-home message

situations could trigger a reaction

As long as

that["a reaction" ]

these hurts were alive and present,

that["a reaction"] would always bypass my logical brain and ultimately generate a stress reaction infused with rage or fear.