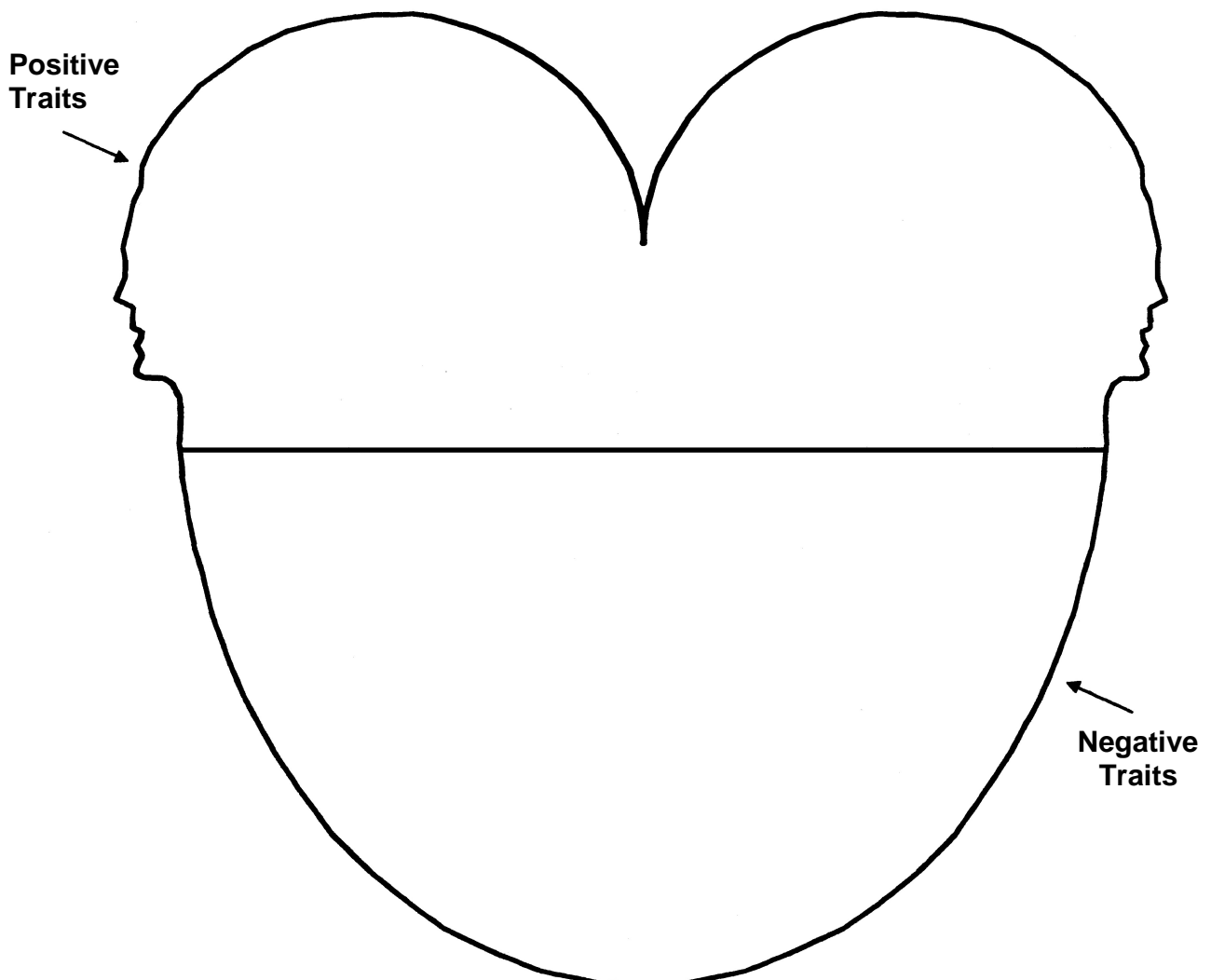


Imago Construction

Profile of Childhood Caretakers

1. In the figure below, list each caretaker's traits as you recall them from childhood. Put all positive traits in the top half and all negative traits in the bottom half. Use adjectives such as kind, distant, absent, warm, loving, angry, cold, etc. If necessary, consult the list of traits on page 16 to prompt your memory.

My IMAGO - IMAGE includes
(leave blank for now)



2. Underline the three best traits. Circle the three worst traits.
3. Some items in the figure above describe SOME ASPECTS OF ME (leave blank for now)

Positive Childhood Memories

2. List specific positive experiences with each childhood caretaker.

Mother	Father	Other

Underline your best experience with each caretaker.
(Circle) the best of all your childhood experiences.

2. List your most positive feelings with each childhood caretaker. Use list on p. 18 **if necessary**.
(Note: Feelings can be described by one word, such as happy, safe, loved, etc.)

Mother	Father	Other

(Circle) the most intense of all your feelings.

Childhood Frustrations

1. List all the negative and painful experiences you had with each childhood caretaker and other significant persons as you recall them from childhood.

Mother	Father	Other

Underline your worst experiences with **each** person in your childhood.
(Circle) the single **worst** underlined childhood experience.

2. What negative feelings did you experience over and over again with each childhood caretaker? (Note: feelings can be stated by single words such as angry, hurt, etc.) Use list on p. 22 **if necessary**.

Mother	Father	Other

(Circle) your worst childhood **feeling**.

3. What was your deepest fear with each caretaker? (Note: fears can be stated by words such as neglect, shame, exclusion, suppression, abandonment, disapproval, rejection or of being used, invisible, devalued, ostracized, dominated, smothered, controlled, ignored, etc.)

Mother	Father	Other

(Circle) your worst **fear**.

4. State your deepest unfulfilled desire with each caretaker. (Note: unfulfilled desires include "always feel safe," "be appreciated," "never be alone," "be loved unconditionally," etc.)

Mother	Father	Other

(Circle) one overall.