

# Imago Therapy Worksheet

Name	Date
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## Exercise 1. Childhood Caregiver's Traits

### B. Positive Character Traits

### A. Negative Character Traits

## Exercise 2. Childhood Frustrations

Frustration	(D) Feelings	(E) Response	(C) Unmet Desire

## Exercise 3. Partner's Traits

### Positive Character Traits

### Negative Character Traits

• Adapted from Hendrix, H., Getting the Love You Want: Fully Revised and Updated Edition, New York: St Martins Griffin, 2019

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**Exercise 3. Partner's Traits (Continued)**

Compare Exercise Three to Exercise One, are there any similar traits?

**Exercise 4. Relationship Vision**

**Exercise 5. Summing it Up**

I have spent my life looking for someone who is

(B)

When I am with this kind of person, I am troubled by their

(A)

And I wish they would give me

(C)

When my needs aren't met, I feel

(D)

And I respond by

(E)

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