

Imago Therapy Worksheet

Name	Date
------	------

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

Name	Date
------	------

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)

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