

Imago Workup

Worksheet

This worksheet can help you or your client identify the most important needs, desires, and qualities to an individual when they are thinking about a romantic relationship.

Part A looks in detail at your **childhood experiences**, while Part B draws on these to consider any **unconscious repetition** that is influencing your relationship with your partner. It encourages an awareness of specific patterns which pave the way to any work aimed at reversing them.

Part A:

1. List three negative qualities of the people who brought you up.

Circle those qualities which you feel had a particular impact on you.

	Caregiver A	Caregiver B	Caregiver C
1.			
2.			
3.			

2. List three positive qualities of the people who brought you up.

Circle those qualities which you feel had a particular impact on you.

	Caregiver A	Caregiver B	Caregiver C
1.			
2.			
3.			

3. As a child, what was your greatest unmet desire from your caregivers?

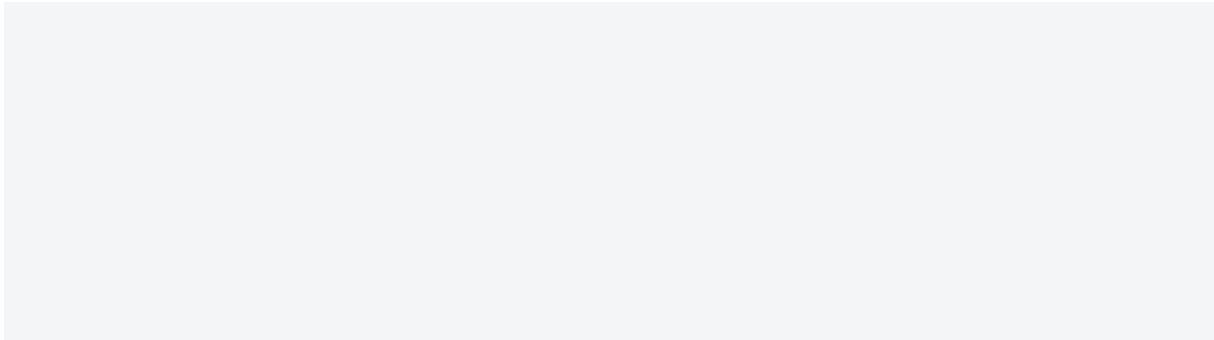
What did you feel as though you needed the most, and yet didn't receive enough of, from those who raised you?

4. How did you want to feel as a child?

For example, "I wanted to feel accepted, understood, safe, loved, etc."

5. How did you behave in response to frustration?

For example, "I became withdrawn, lost my temper, cried out for attention."

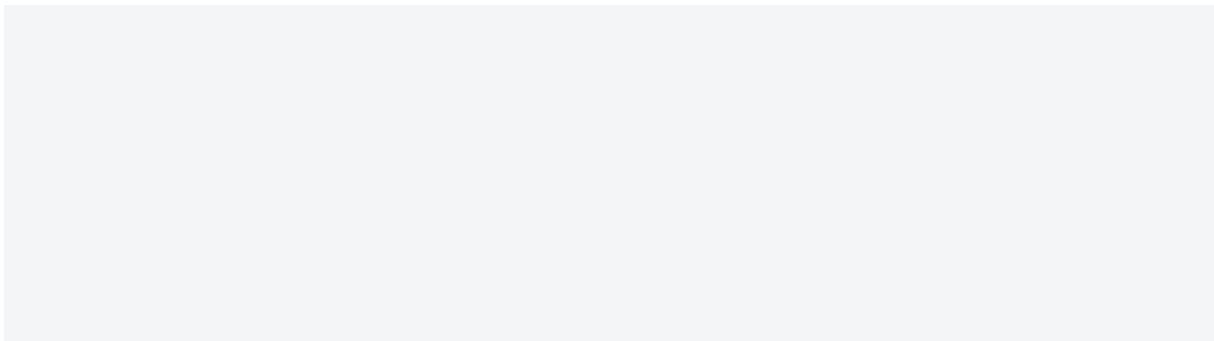


Part B:

This section requires you to copy the relevant answers from Part A above into the boxes provided. These completed sentences may provide you with some insight into how your childhood has impacted your search for – or expectations of – an ideal romantic partner.

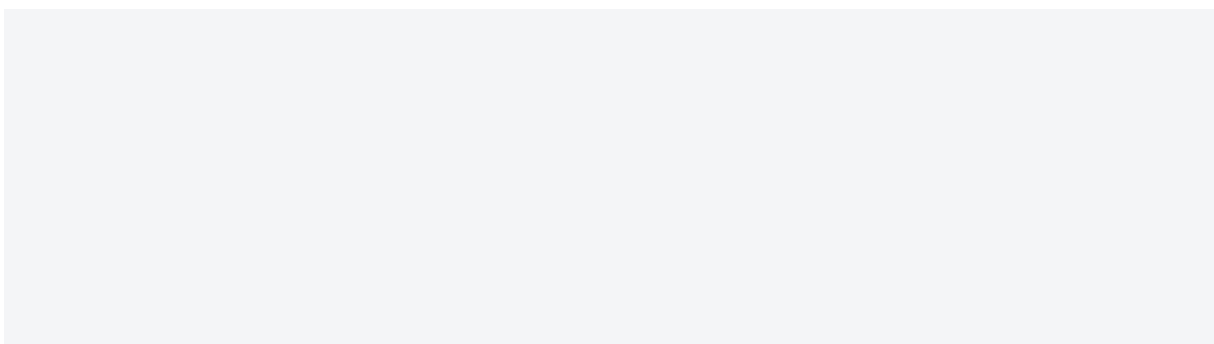
1. I am drawn to somebody who is...

Copy the key qualities which you circled from Question 1 in Part A above.



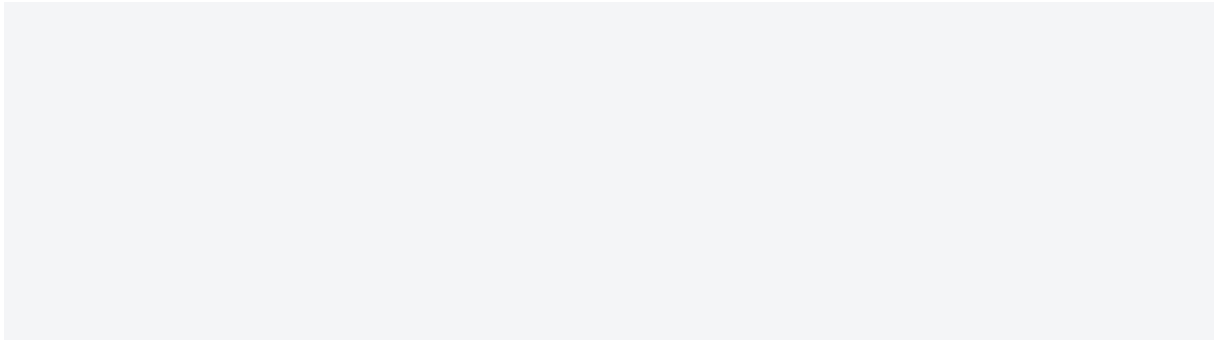
2. But I desire them to be...

Copy the key qualities which you circled from Question 2 in Part A above.

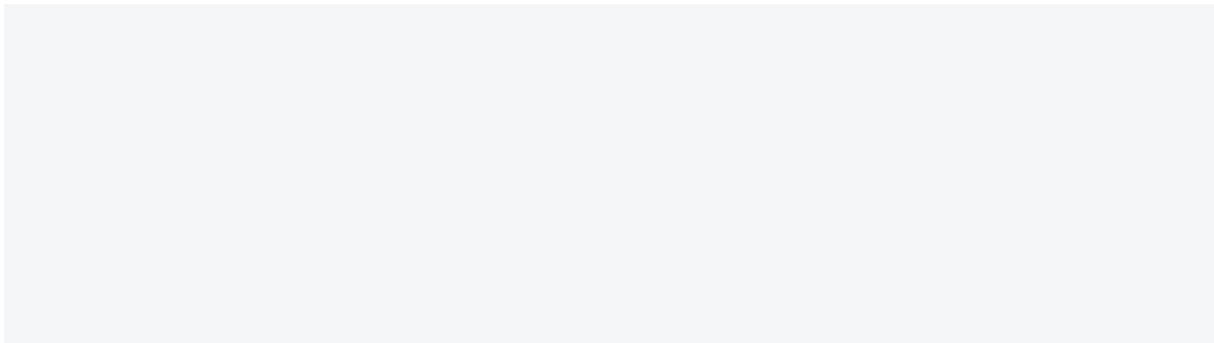


3. So I can receive...

Copy the unsatisfied needs you wrote in response to Question 3, Part A above.

**4. And feel...**

Copy the desired feelings and emotions you listed for Question 4, Part A above.

**5. However, I sometimes prevent myself from receiving the love I desire by...**

Copy the behaviors and reactions you noted for Question 5, Part A above.

