My IMAGO Profile

In the boxes below, list the <u>positive & negative traits</u> of your male & female caretakers from childhood. (These might include parents, step parents, grandparents, nannies, aunts, uncles, etc.)

It is important that these traits describe them <u>as you recall them from childhood</u>, not as they may have become later in life.

Use descriptors such as loving, kind, critical, judgmental, rigid, warm, alcoholic, sensitive, nurturing, neglectful, abusive, angry, and supportive, absent, engaged, etc.

A) Female Caretaker Negative Traits   **Male Caretaker Negative Traits**

1.   1.
2.   2.
3.   3.
4.   4.
5.   5.
6.   6.

Circle the three most negative traits overall for each of the caregivers

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B) Female Caretaker Positive Traits   **Male Caretaker Positive Traits**

1.   1.
2.   2.
3.   3.
4.   4.
5.   5.
6.   6.

Underline the three most positive traits overall for each of the caregivers

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C) List as many as possible for the statement below (i.g. love, attention, physical contact, safety, recognition, honesty, validation, support, etc.)
What I wanted or needed most as a child was…

1.
2.
3.
4.
5.
6.

Circle the three strongest unmet needs or wants

List special memories or positive experiences from your childhood
(i.g. holidays, school events, holding me, riding bikes together, playing, vacations, etc.)

1.
2.
3.
4.
5.
6.

D) When the above positive memories occurred I felt…
(i.g. loved, validated, safe, nurtured, wanted, supported, special, etc.)

1.
2.
3.
4.
5.
6.

Things that disturbed, hurt or frustrated me in childhood were….
(i.g. parents fighting, siblings, being bullied, conflicts, school problems, yelling, hitting, etc.)

1.
2.
3.
4.
5.
6.

E) What I did to keep myself safe when these things occurred were….
(i.g. hid, fought, yelled, withdrew, complied, ran away, submitted, acted out, etc.)

1.
2.
3.
4.
5.
6.

1) _____
   Write the circled negative traits from Box "A" in this box
   1.
   2.
   3.
   4.
   5.
   6.

2) _____
   Write the underlined positive traits from Box "B" in this box
   1.
   2.
   3.
   4.
   5.
   6.

3) _____
   Write the circled needs and wants from Box "C" in this box
   1.
   2.
   3.

4) _____
   Write all of the feelings from Box "D" in this box
   1.
   2.
   3.
   4.
   5.
   6.

5) _____
   Write all of the things I did from Box "E" in this box
   1.
   2.
   3.
   4.
   5.
   6.

Write these into the corresponding numbered line on page 3.

1. I tend to find people or am attracted to people who are
2. In order to get them to be
3. So that I will get
4. When I get these things I will feel
5. I stop myself from getting these things by