Imago Work-up Exercise

1. Recall from your childhood the characteristics of those caregivers who were most responsible for your upbringing, i.e., parents, grandparents, extended family, foster parents, etc. Respond as you would as a little child, not as you would as an adult, and recall your caregivers as they were then, not as they may have become or changed with age.

A. List the positive traits of your childhood caregivers.
   Male (Father):
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

   Female (Mother):
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

B. List the negative traits of your childhood caregivers
   Male (Father):
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

   Female (Mother):
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

C. Was there something you needed and wanted most from your caretakers as a child but did not get? What was it?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

D. List three childhood frustrations, what you felt, and what you did in response to them.

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<thead>
<tr>
<th>Childhood frustration</th>
<th>What you felt</th>
<th>What you actually did</th>
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My Personal Imago
Imagine that the following statements are your unconscious mind speaking when you were dating and seeking your mate:

I am trying to find and/or get a spouse/life partner who will be (insert positive traits from Section A on previous page):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

But I won’t really fall in love unless he/she also has at least some of these traits (insert negative traits from Section B on previous page):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

When I find someone with a blend of these positive and negative traits, I will get really interested in him/her and may fall in love and form an intimate, committed relationship. In my relationship, I will struggle to get my partner to only have the positive traits, and to eliminate the negative traits, so that I can finally get an adult version of (insert your unmet needs from Section C on the previous page):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

In my relationship I will sometimes tend to stop myself from getting these needs met by doing an adult version of the following behaviors (insert past responses to frustrations from the third column of Section D on the previous page):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________