

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 you 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.

Childhood frustration	What you felt	What you actually did

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):
