

Finding Your Imago

It can help your clients to begin by visualizing a relaxed and safe environment (Luquet, 2015).

Once in that place, ask them to picture their childhood home and think of both the male and female caretakers (carers) present.

One at a time, re-live each person's feelings, such as joy, sadness, excitement, etc. Recall their positive and negative traits while remembering their behaviors.

Complete the heart shape below:

- In the top section, list the caretaker's positive characteristics (traits).
- In the bottom section, list their negative characteristics

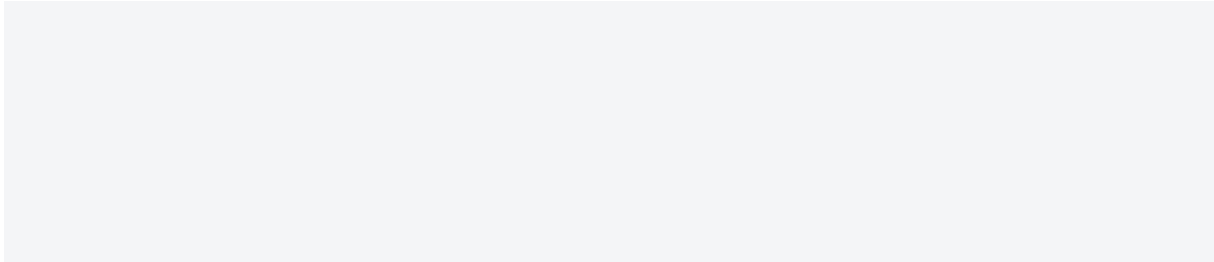
Try and use adjectives such as kind, generous, mean, or cold, and phrases including 'always there/never there', and 'emotionally available' or not.

The diagram is a heart shape divided into four quadrants by a horizontal line. The top half is labeled (B) on the right side, and the bottom half is labeled (A) on the right side. The quadrants are labeled as follows:

- Top-Left: Female +
- Top-Right: Male +
- Bottom-Left: Female -
- Bottom-Right: Male -

Ask the client to think about what they would like to say to the caretaker, as though they were still in their childhood (both negatives and positives): “I wanted you to show that you loved me,” “I loved it when you used to take me on picnics.”

(C) When I was a child, what I wanted and needed most was:



Repeat for other caretakers who were close, including grandparents, teachers, aunts, and uncles.

Note that the letters A, B, and C, will be used in the **My Imago Worksheet**.

References

- Luquet, W. (2015). *Short-term couples therapy: The imago model in action*. New York: Routledge.

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