

## My Imago

Our childhood can strongly influence who we choose as a partner and how we handle difficulties in our present relationships.

Understanding the positive and negative feelings and the role models present can provide both ourselves and our partners with essential insights into the problems now being faced.

The sentences below can only be completed once the following worksheets have been filled in:

- Finding your imago (sections A, B, and C)
- Childhood Frustrations (section E)
- Memories of Childhood (section D)

Answers A to E must be transferred over to the below form to show that in a couple, we often recreate our childhoods and find a partner with the traits of earlier caretakers.

Each partner is encouraged to read out their completed form. The other partner should listen closely, without judgment, to what is said, and discuss what traits may fit them.

I am trying to find a person who is (A).....

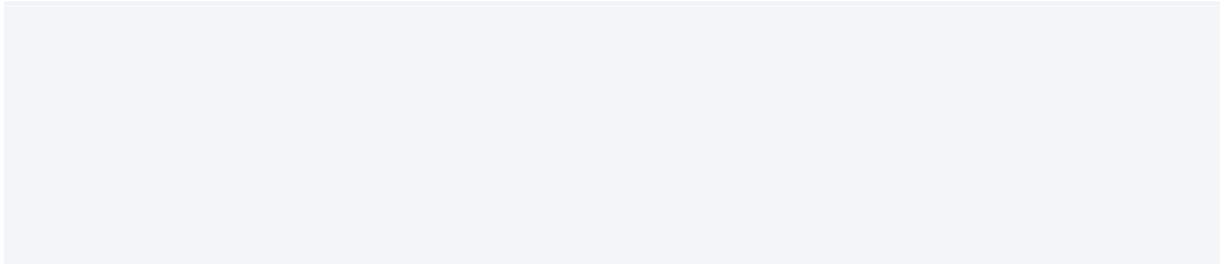
(Taken from *Negative traits of childhood caretakers*)

To always be (B).....

(Taken from *Positive traits of childhood caretakers*)

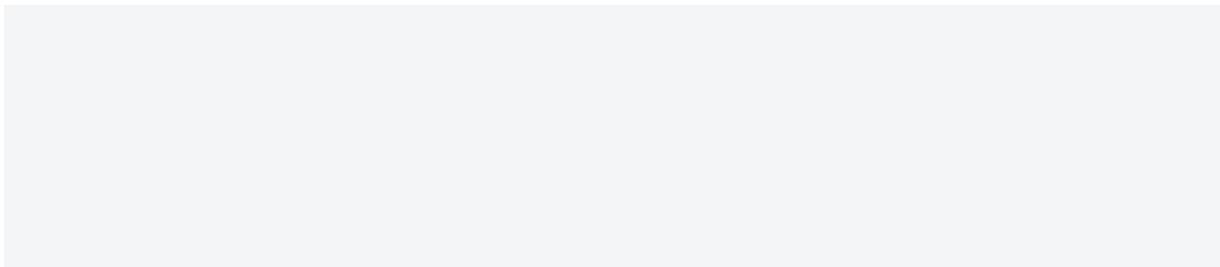
So that I can get (C).....

(Taken from *What I really wanted from my childhood caretakers*)



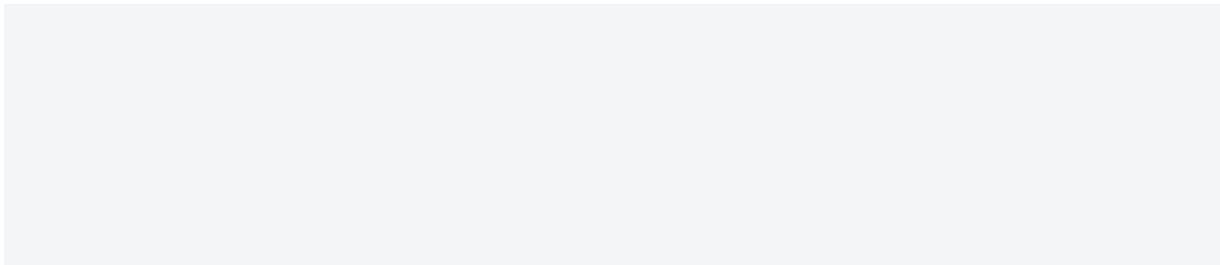
And then feel (D).....

(Taken from *positive feelings from my childhood*)



Sometimes I stop myself from getting this by (E).....

(Taken from *how I responded to childhood frustration*)



Each partner is encouraged to read out their completed form. The other partner should listen closely, without judgment to what is said, and discuss which traits fit themselves.

## References

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

Dr. Jeremy Sutton