

Imago Therapy Worksheet

Name	Date		
Exercise 1. Childhood Caregiver's Traits			
B. Positive Character Traits			
A. Negative Character Traits			
Exercise 2. Childhood Frustrations			
Frustration	(D) Feelings	(E) Response	(C) Unmet Desire
Exercise 3. Partner's Traits			
Positive Character Traits			
Negative Character Traits			
Adapted from Hendrix, H., Getting the Love You Want: Fully Revised and Updated Edition, New York: St Martins Griffin, 2019			

