

## Brief Imago Workup

**A. In the columns below note/write positive traits or characteristics of your primary caretakers. Use words such as warm, loving, always there, nurturing, sense of humor, intelligent, hard-working, playful, etc.**

Mother	Father	Other
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Circle the five most significant (impactful) traits – the ones that had the most impact on you.

**B. In the columns below, write negative traits or characteristics of your primary caretakers. Use words such as never there, critical, anxious, angry, controlling, cold, distant, pre-occupied, depressed, hard to please, etc.**

Mother	Father	Other
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Circle the five most significant (impactful) traits – the ones that had the most impact on you.

**C. In the box below write three things you needed most and didn't get from your caretakers. Use words such as more time, acceptance of who I was, encouragement, affection, understanding, respect, etc.**

1.	_____
2.	_____
3.	_____
	_____

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

Childhood Frustrations	What You Felt	What You Actually Did
1. _____	_____	_____
_____	_____	_____
2. _____	_____	_____
_____	_____	_____
3. _____	_____	_____
_____	_____	_____

# My Personal Imago

Imagine this is your unconscious speaking when you were in the mate selection process.

1. *I am trying to find and/or get a spouse\life partner in my who will be* (insert circled, positive traits from section A):

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2. *But I won't really fall in love unless he/she also has at least some of these traits* (insert circled traits from section B in the prior page):

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*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 (marriage).*

3. *In my marriage (relationship), I will struggle to get my spouse (Partner) to have only the positive traits so that I can finally get an adult version of* (insert unmet needs from section C):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. *In my marriage (relationship) I will sometimes tend to stop myself from getting these needs met by doing an adult version of these behaviors.* (insert past responses to frustrations, 3rd column of section D):

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