

## My Imago

- A. List the bad qualities of your mother and father.
- B. List the good qualities of your mother and father
- C. Complete the sentence – “What I wanted and needed most as a child was...”
- D. List good memories of your childhood and how you responded emotionally.
- E. List the disappointments of your childhood and how you responded behaviorally.

Complete the sentence below using the corresponding answers from the statements above.

I am trying to find a person who is (A) to always be (B) so I can get (C) and feel (D). I stop myself from getting this sometimes by (E).

## Communication

### **Mirroring**

...so you are saying...

Is there more?

Let me see if I have it all.

### **Validation**

That makes sense because...

Help me understand

### **Empathy**

I can imagine you feel...