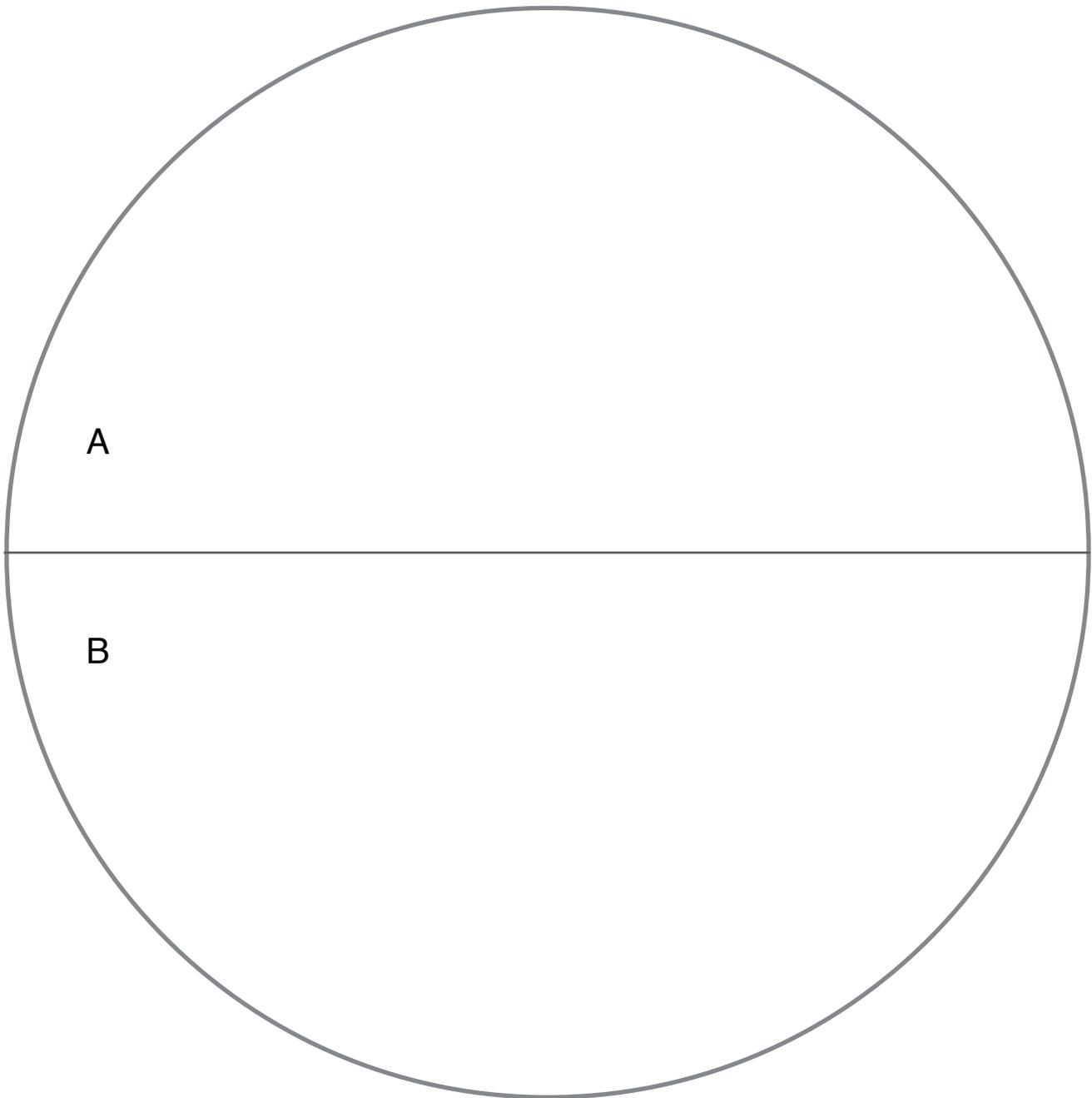1. Fill in the top half of the circle with Positive traits of your childhood caretakers as you remember them from childhood. Use adjectives such as kind, loving, calm, etc.

A

B

2. Fill in the bottom half of the circle with Negative traits of your childhood caretakers as you remember them from childhood. Use adjectives such as distant, absent, angry, cold, etc.

3. Underline the three best traits and circle the three worst traits - that most affect you.

C. List specific positive experiences withe each childhood caretaker.

Mother	Father	Other

Underline your best experience with each caretaker.   Circle the best of all your childhood experiences.

D. List your most positive feelings with each childhood caretaker. *Feelings can be described by one word such as happy, safe, loved, etc.*

Mother	Father	Other

Circle the most intense of all your feelings.

E. List all the negative and painful experiences you had with each childhood caretaker and other significant people as you recall them from childhood.

Mother	Father	Other

Underline your worst experience with each person in your childhood.   Circle the single worst of all your childhood experiences.

F. What negative feelings did you experience over and over again with each childhood caretaker? *Feelings can be described by one word such as angry, hurt, embarrassed, etc.*

Mother	Father	Other

Circle the worst childhood feeling.

G. What was your deepest fear with each caretaker? *Examples include neglect, shame, exclusion, abandonment, disapproval, rejection, being used, invisible, dominated, controlled, ignored, etc.*

Mother	Father	Other

Circle your worst fear.

H. State your deepest <u>unfulfilled desire</u> with each caretaker. *Examples include always feel safe, be appreciated, never be alone, be loved unconditionally, etc.*

Mother	Father	Other

As a child, my caretakers were sometimes (items circled in B)

often leaving me feeling (item circled in F)

because they frustrated me by (items underlined and circled in E)

which made me fear (item circled in G).

I wanted my caretakers to always be (items underlined in A)

instead of (items circled in B)

so that I could have experienced (items from H)

and always felt (item circled in D)