

BRIEF RELATIONSHIP WORKUP

Think back to when you were 0-18 years old...

1. In the columns below write the **POSTIVE TRAITS** of your primary caretakers. Use words like *warm, loving, always there, nurturing, sense of humor, intelligent, hard-working, playful, spiritual*, etc. (Circle the 5 most significant)

MOTHER

FATHER

OTHER

2. In the columns below right the **NEGATIVE TRAITS** of your primary care takers. Use words like *never there, critical, anxious, angry, controlling, cold, distant, preoccupied, depressed, hard to please*, etc. (Circle the 5 most significant)

MOTHER

FATHER

OTHER

3. In the section below write **THREE THINGS YOU NEEDED MOST** and did not get from your caretakers. Use words like more time, acceptance of who I was, encouragement, affection, understanding, respect, a peaceful home, etc.

1)

2)

3)

4. List **THREE CHILDHOOD FRUSTRATIONS**, what you felt, and what you did in response to them. Use words like *argued back, stayed away, kept on until I got my way, went to my room, locked myself in the closet, avoid contact*, etc.

FRUSTRATION

WHAT YOU FELT

WHAT YOU DID TO COPE

1)

2)

3)