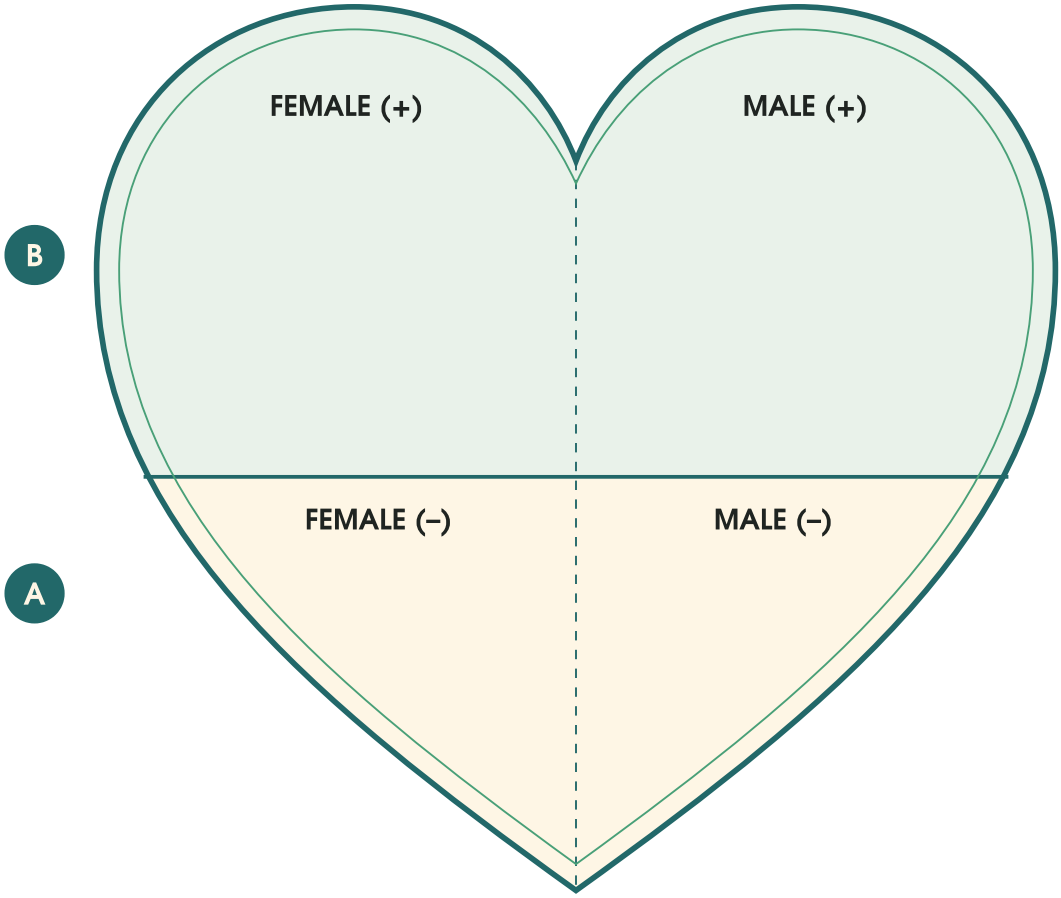
UNDERSTANDING YOUR PAST

In a **relaxed and safe** state, recall your childhood memories of your caretakers. Think as a CHILD: recall your caretakers as they were when you were a child, not as they are today.

B **TOP of the heart:** list the POSITIVE characteristics of each caretaker. *e.g., "warm," "strong"*

A **BOTTOM of the heart:** list ALL the NEGATIVE characteristics. *e.g., "cold," "distant," "never there," "not dependable," "not available emotionally"*



C **What I wanted and needed most as a child was**

CHILDHOOD FRUSTRATIONS

Left: recurring frustrations, e.g., "did not get listened to," "no one knew I was being hurt," "had to take care of parents or siblings." **Right:** how you FELT and what you DID.

FRUSTRATIONS	E RESPONSE(S): FELT + DID

POSITIVE MEMORIES OF CHILDHOOD

Left: specific positive memories, e.g., "going to the shore in 1960," "the annual picnic at grandma's house." **Right:** the feelings you associate with each memory.

MEMORIES	D FEELINGS

Karla Hardin, MS, LPC-S · Hardin Life Resources · [YOUR EMAIL]

MY STORY

Therapist: Ask the client to tell you what they wrote in each lettered section of the worksheet (A, B, C on the front; D, E on the back). Write their words, in your phrasing, into the matching slot below. When it is complete, READ THE FULL STATEMENT ALOUD to the client.

Client _____ Date _____

A I am trying to get a person who is _____

_____

_____

B to always be _____

_____

_____

C so that I can get _____

_____

_____

D and feel _____

_____

_____

E I stop myself from getting this sometimes by _____

_____

_____

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