

## @Clarifying Our Needs

### Traits of Childhood Caregivers

1. The figure below is divided into two parts representing the positive and negative characteristics of each parent, caregiver or authority figure who took care of you growing up. If there was an 'absent' parent – consider either reference to that absent parent, or perhaps reference a 'step-parent' if they have had more daily input. This may be a parent or grandparent. On the top section, list all of the negative characteristics of each caregiver. On the bottom, list all the positive characteristics. Refer to the 'Traits' list (see Appendix 2 in the Book) for a list of characteristics.
2. It is important to list the characteristics as you recall them from childhood. Think as a child. Do not think of your caregivers as they are today or as they became later in life. Use adjectives like "kind", "distant", "warm", "loving", "angry", "cold" and/or phrases such as "never there", "always dependable", "never cuddled me".
- 3.

Female -

Male -

(A)

(B)

Female +

Male +

(C) What I wanted and needed most as a child was...

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### The 'Good' Stuff

List below the positive memories of childhood and your responses associated with the memories.

Stories	Feelings
	(What you felt) (D)

### The 'Not So Good' Stuff

List below any recurring frustrations of childhood (eg. "didn't get listened to", "no affection") and then list your reactions to the frustrations, how you felt and what you did.

Annoying Bits	Reaction(s)
	(What you did) (E)