

Who is my "Perfect" Partner?

IMPORTANT INSTRUCTIONS: Complete this page without peeking at Page 2!

A. Think of your childhood caretakers. Circle their negative qualities. (Pick 5-6)

absent	dangerous	intrusive	shallow
addicted	depressed	jealous	stingy
aggressive	dishonest	lazy	unaffectionate
alcoholic	distant	passive	unavailable
angry	emotional	passive-aggressive	unforgiving
boring	fragile	aggressive	uninterested
busy	grumpy	perfectionist	unreliable
cold	immature	reactive	wounding
controlling	impatient	rigid	
critical	insensitive	sarcastic	

B. Think of frustrating times you had with them and circle how you felt. (Pick 3-4)

abandoned	cheated	frustrated	jealous
afraid	cold	guilty	mistrustful
alone	depressed	hopeless	rejected
angry	disappointed	hurt	unaccepted
anxious	distant	inadequate	unloved
ashamed	embarrassed	insecure	

C. Now circle their positive qualities. (Pick 5-6)

accessible	creative	open-minded	supportive
affectionate	dependable	playful	talented
altruistic	enthusiastic	respectful	tender
attentive	fair	responsible	tolerant
available	faithful	safe	trustworthy
confident	forgiving	sincere	warm
connected	hard-working	spiritual	wise
courageous	honest	spontaneous	

D. Think of the pleasant times you had with them and circle how you felt. (Pick 3-4)

accepted	loving	respected	understood
close	peaceful	safe	warm
excited	playful	satisfied	
happy	proud	secure	
loved	reassured	trusted	

E. Circle how you most often reacted to the frustrating times. (Pick 3-4)

argued	became passive-aggressive	failed	starved myself
became aggressive	became an over-achiever	got in fights	stayed busy
became depressed	became rebellious	isolated	talked to friends
became low achieving	complained	left	threw/broke things
became passive	criticized	nagged	throw-up
	distanced	over-ate	used drugs
	drank	ran away	whined
		slammed doors	withdrew
		slept	yelled/screamed

PAGE 2

Fill in the blanks with the words circled under the corresponding letters.
DO NOT READ the sentences until you have finished filling in all 5 blanks.

My Unconscious is trying to find a partner who is

(A) _____

With whom I often feel

(B) _____

But only I'm trying to get them to become

(C) _____

So that I can begin to feel

(D) _____

However, I have sometimes sabotaged my needs and

(E) _____

Is this true for you?