

# Childhood Frustrations

Think back to your childhood.

Remember your frustrations and write them down in the left-hand column of the table below.

In the column to the right, write down how you faced these frustrations.

How did you feel, and what did you do?

The left-hand column might include statements such as, “no one listened to me,” “no one understood I was being hurt,” “I had to be the carer for everyone.” The right-hand column captures the reactions, such as “I withdrew,” “I sought love elsewhere.”

Frustration	Response (E)

Note that the responses (E) will be used in the *My Imago Worksheet*.

## References

- Luquet, W. (2015). *Short-term couples therapy: The imago model in action*. New York: Routledge.