

## Positive Memories of Childhood

While it is important to remember what was difficult in our childhood, it is equally important to remind ourselves of all that was good (Luquet, 2015).

Think back to your childhood.

Recall your positive childhood memories, such as going fishing with your Mum or Dad, playing cards with your grandmother, or playing hide and seek with your friends.

Capture the feelings you associate with each memory in the right-hand column.

Memory	Feelings (D)

Note that the feeling captured in column (D) will be used in the *My Imago Worksheet*.

### References

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

Dr. Jeremy Sutton