

## Traits of Childhood Caretakers

1. Below is space divided into parts representing your childhood memories of each caretaker or authority figure that took care of you growing up. On the top section, list all the *negative characteristics* of each caretaker. On the bottom, list all the *positive characteristics*.
2. It is important to list the characteristics as you recall them from childhood. Think as a little child. Do not think of your caretakers as they are today or as they became later in life. Use such adjectives as “kind”, “distant”, “warm”, “loving”, “angry”, “cold”, and/or phrases such as “never there”, “always dependable”, “never touched me”, etc.

FEMALE --

Negative Traits

MALE –

**A:** From both list combined *circle*, the 3 worst traits

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FEMALE +

Positive Traits

MALE +

**B:** From both lists combined *underline*, the 3 best traits

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

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