

## Positive Memories of Childhood

Under “Memories”, list 3 to 5 positive memories of childhood. Under “Feelings”, list what you felt which each corresponding positive memory.

<b>D: <u>Memories</u></b>	<b><u>Feelings</u></b>
	(What you felt)

## Childhood Frustrations

List below any recurring frustrations of childhood; e.g; “didn’t listened to,” “no affection,” and then list your reactions to the frustrations (i.e. what you did.)

<b>(E) <u>FRUSTRATIONS</u></b>	<b><u>BEHAVIORS</u></b>
	(What you did.)