

# AIWP/Ryan Imago Center

**Healing and Enriching Relationships for Conscious & Intentional Living**

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## My Personal Imago

*Your Imago is a composite of all the decisions, beliefs, feelings, rules, values and habits that result from all your positive and negative experiences growing up. To determine the major driving forces making up your Imago, read the instructions below and fill in the blanks. Go back into your childhood memories and think of the earliest home you can remember. See yourself as a child and recall what it was like living with your family. Think of your primary caretakers, one at a time and answer the questions below.*

A. Write four negative characteristics and qualities about each of your care givers:

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B. Write four positive characteristics and qualities about each of your care givers:

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C. Write four things you wanted and needed most /more of growing up: (to feel safe, trusted, appreciated, cared for, important, recognized, validated, loved etc.)

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D. Write the feelings you had during your positive childhood experiences: (happy, care free, safe, supported, important, loved, cared for, understood. etc.)

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E. Write what you did to cope as a child. The decisions you made and/or the behaviors you displayed during your negative childhood experience: ( I decided "I wasn't important," "good enough," "loved enough, etc. I shut down, isolated, withdrew, pursued attention outside, demanded or became invisible, an achiever, scape goate, clown, etc.)

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## My Personal Imago

Take your answers from page one and transfer them below so that the answers in A, B, C, D, E, on Page One correspond with A, B, C, D, E, (same letter answer below).

**A. In my unconscious, my wounded child is seeking someone who is: ( or can become:)**

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**B. I believe that if I give up certain parts of myself I can make them become:**

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**C. So that I can get:**

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**D. So that I can feel:**

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**E. Today I stop or prevent myself from having what I need by:**

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## Understanding My Personal Imago

Read your answers silently and aloud to yourself and your partner several times until you understand the A, B, C, D, E, statement as a whole and can say the components of your Imago without looking at your paper. Have your partner mirror your answers back you checking with you for accuracy.

### Journal Assignment

Think about your answers as they relate to childhood and then relate them to your adult life. Can you see any patterns? Write your response below.

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In response to your Letter E, can you see that your major survivor adaptation (coping style) that probably saved your life in childhood is now what is defeating you from getting what you want and need. In other words, its' not your partner but you that presents your greatest obstacle of getting what you need. Write below and on back.

How does your childhood survivor adaptation keep you from getting what you want as an adult? Write your response below.

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Return to the dialogue process with your partner sharing your insights and feelings about your imago while your partner mirrors, Summarizes/Validates and Empathizes with you. Remember one partner sending and one partner receiving. *Note:* Receiving partner: Remember to keep you and your partner in process. Mirror, Summarize/Validate/ and Empathize fully with your partner before asking them to mirror you.