

# Looking Back on Your Early Relationships

*Choose five adjectives or words that reflect your relationship with your mother or mother-like figure. Try to think back as far as you can remember to your early childhood.*

_____	_____
_____	_____
_____	

*Now, try to think of a memory or an incident that would illustrate each of the words you chose to describe the relationship. Write these memories or incidents down.*

**Adjective 1:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Adjective 2:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Adjective 3:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

---

**Adjective 4:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

---

**Adjective 5:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

---



**Now, choose five adjectives or words that reflect your relationship with your father or father-like figure. Try to think back as far as you can remember to your early childhood.**

---

---

---

---

---

**Now, try to think of a memory or an incident that would illustrate each of the words you chose to describe the relationship. Write these memories or incidents down.**

**Adjective 1:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

---

**Adjective 2:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

---



**Adjective 3:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

**Adjective 4:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

**Adjective 5:** \_\_\_\_\_

**Memory:** \_\_\_\_\_

---

---

---

---

---

---

---

