



HOW TO USE THIS EXERCISE

- ✓ Take turns sharing your answers using the Imago Dialogue format.
- ✓ One person speaks while the other listens with empathy.
- ✓ No interrupting, no defending, no fixing — just listen.
- ✓ Then you switch roles.
- ✓ Be gentle, stay curious, and honor each other's experience.

1 IDENTIFY YOUR WOUNDS

Think about your childhood. What are some painful experiences that still affect you today? These could be times you felt rejected, unloved, not enough, afraid, or unseen.

YOU	YOUR PARTNER
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

2 CHOOSE YOUR TOP 3

Look at your list above. Circle or write your top 3 childhood wounds that still affect you the most today.

MY TOP 3 WOUNDS	MY PARTNER'S TOP 3 WOUNDS
♥ _____	♥ _____
♥ _____	♥ _____
♥ _____	♥ _____



This exercise is adapted from the Imago Relationship Therapy® process developed by Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD.



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IMAGO DIALOGUE GUIDE

- 1 Speaker shares one wound at a time.
- 2 Listener reflects back what they heard.
- 3 Speaker responds: "Yes, that's it." or "Yes, and I would also add..."
- 4 Listener validates the feeling.
- 5 Switch roles.

MY TOP 3 WOUNDS & WHAT I SHARED

♥ _____

♥ _____

♥ _____

WHAT I HEARD MY PARTNER SHARE

♥ _____

♥ _____

♥ _____

EXAMPLES (*Just a few to get you thinking...*)

- I felt ignored when I tried to talk.
- I was compared to others.
- I wasn't allowed to show my feelings.
- I felt alone a lot.
- I had to be perfect to be loved.
- I didn't feel safe expressing myself.

4 REFLECT TOGETHER

What did you learn about your partner that surprised you? What feelings came up for you as you listened?

WHAT I LEARNED ABOUT MY PARTNER

MY FEELINGS AS I LISTENED

5 MOVING TOWARD HEALING TOGETHER

What is one thing you can do to create more safety, understanding, and healing for your partner?

♥ _____

♥ _____

♥ _____

Reminder from Calmie

Your wounds are not your fault. But they can become part of your healing story when you share them with someone who listens with love.



Thank you for being brave, open, and willing to grow together. Every honest conversation brings you closer.



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