

■ Getting the Love You Want – Relationship Worksheet

Based on *Getting the Love You Want* by Harville Hendrix & Helen LaKelly Hunt

1. Childhood Imprint Reflection

Write three traits (positive or negative) from your childhood or parents that you notice in your partner or how you relate:

1. _____
2. _____
3. _____

How might these traits influence your expectations, reactions, or conflict patterns?

2. Current Cycle Awareness

Where are you in the cycle now (romance → conflict → growth)?

What recurring conflicts (themes) seem to echo old wounds?

3. Dialogue Practice (Imago)

Use this mini-dialogue to practise mirroring, validation, and empathy:

Your Turn	Mirroring (Paraphrase)	Validation	Empathy (Feelings)	Request / Wish
Partner says:	"What I hear you say is ..."	"It makes sense you'd feel ..."	"I can imagine that feels ..."	"I would like ..."

4. Safety & Affirmation Plan

List two criticisms or negative comment patterns to pause this week:

1. _____
2. _____

List five genuine appreciations or affirmations you can offer your partner:

- _____
- _____
- _____
- _____
- _____

5. Gradual Change Request

Choose one small request for change (realistic, specific):

Use an I-statement:

"I feel ... when ... I would like ..."

6. Weekly Check-In

Reflect together:

- What went well with your dialogue or connection?
 - What was hard or stuck?
 - What will you adjust for next week?
-

■ Key Takeaways

- We are drawn to partners who mirror our childhood experiences.
- Conflict can become a doorway to healing when approached consciously.
- The Imago Dialogue fosters empathy, safety, and connection.
- Affirmation and gradual change sustain long-term growth.