



CHILDHOOD ISSUES & EMOTIONAL BAGGAGE

WORKSHEET #8

- We all have "emotional baggage" and "unfinished business" from childhood.
- "Emotional baggage" is all the negative feelings we bring from youth that still weigh us down and get reactivated whenever something similar happens now. Examples: guilt, anxiety, resentment/bitterness, fear/panic, anger/rage, depression, hurt/pain, etc.
- "Unfinished business" is any deficiency, or unmet need, from childhood.
- We need to be:

unconditionally loved/accepted	touched/held
listened to/heard/understood/known	connected/intimate
independent/autonomous/separate	significant/important/valued/esteemed
- The Great Paradox:

"The only way to satisfy your childhood needs is to commit yourself wholeheartedly to the satisfaction of your partner's needs." - H. Hendrix

SUGGESTED EXERCISE:

Read and follow some of the exercises in Harville Hendrix's book entitled, Getting The Love You Want.

QUESTIONS TO PONDER

SELF:

What emotions most often get triggered in me? Is it possible that they are part of my "emotional baggage?" Can I begin to look at my spouse and our issues separately from my childhood issues?

IN RELATION TO MY SPOUSE:

Am I aware that my spouse has "unfinished business?" What does he/she seem to most need from me that I have not given? What would happen if I began to try to meet that need?

MY GOAL IS: