

CHILDHOOD ISSUES AND 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, and pain.

“Unfinished business” is any deficiency or unmet need from childhood.

We need to be:

Unconditionally loved and 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

QUESTIONS TO PONDER

About Myself:

- 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?

SUGGESTED EXERCISE

Try some exercises in Harville Hendrix’s book, Getting The Love You Want.