

## Form 4

### IDENTIFYING MY CHILDHOOD BELIEFS ABOUT DISAPPROVAL

<b>MY EMOTIONAL LONGINGS ARE</b> <i>From Form 3, copy your list of emotional longings into the spaces below.</i>	
	<p style="text-align: center;">Examples</p> <p><i>a) To be seen and supported emotionally, especially by my father (or his proxies).</i>  <i>b) To be met calmly and rationally (instead of with a reactive, irrational response), especially by my mother (or her proxies).</i></p>
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<b>MY CHILDHOOD BELIEFS ABOUT DISAPPROVAL ARE</b> <i>The format is: If I ask to be (fill in your emotional longing), I will be disapproved of and rejected.</i>	
	<p style="text-align: center;">Examples</p> <p><i>a) If I ask to be seen or supported, I will be disapproved of and rejected by my father (or his proxies).</i>  <i>b) If I ask to be met calmly and rationally, I will be disapproved of and rejected, especially by my mother (or her proxies).</i></p>
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