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**Negative Transference Exploration**

I had a negative reaction to you,

Day/time and location *(when and where only)*

I experienced you as *(list your perceptions, judgments)*

Which was like what I experienced in my childhood with my *(mother, father, surrogate*)

The patterns I went into were

Which I learned from *(mother, father, surrogate*)

I understand that my reaction is about me, and I take responsibility for that.

I am free of reactivity.

At this moment, I am still experiencing my reactivity.