



## Transference Worksheet

A grievance I have with \_\_\_\_\_

is: \_\_\_\_\_

I perceive his/her patterns to be: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Like my (*mother, father, surrogate*): \_\_\_\_\_

I react: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which I learned from my (*mother, father, surrogate*): \_\_\_\_\_

How this hurts me in other areas of my life: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I feel about letting my Dark Side control me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I will deal with this in the future: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I appreciate about this person: \_\_\_\_\_

\_\_\_\_\_

How long am I going to hold on to this grievance: \_\_\_\_\_