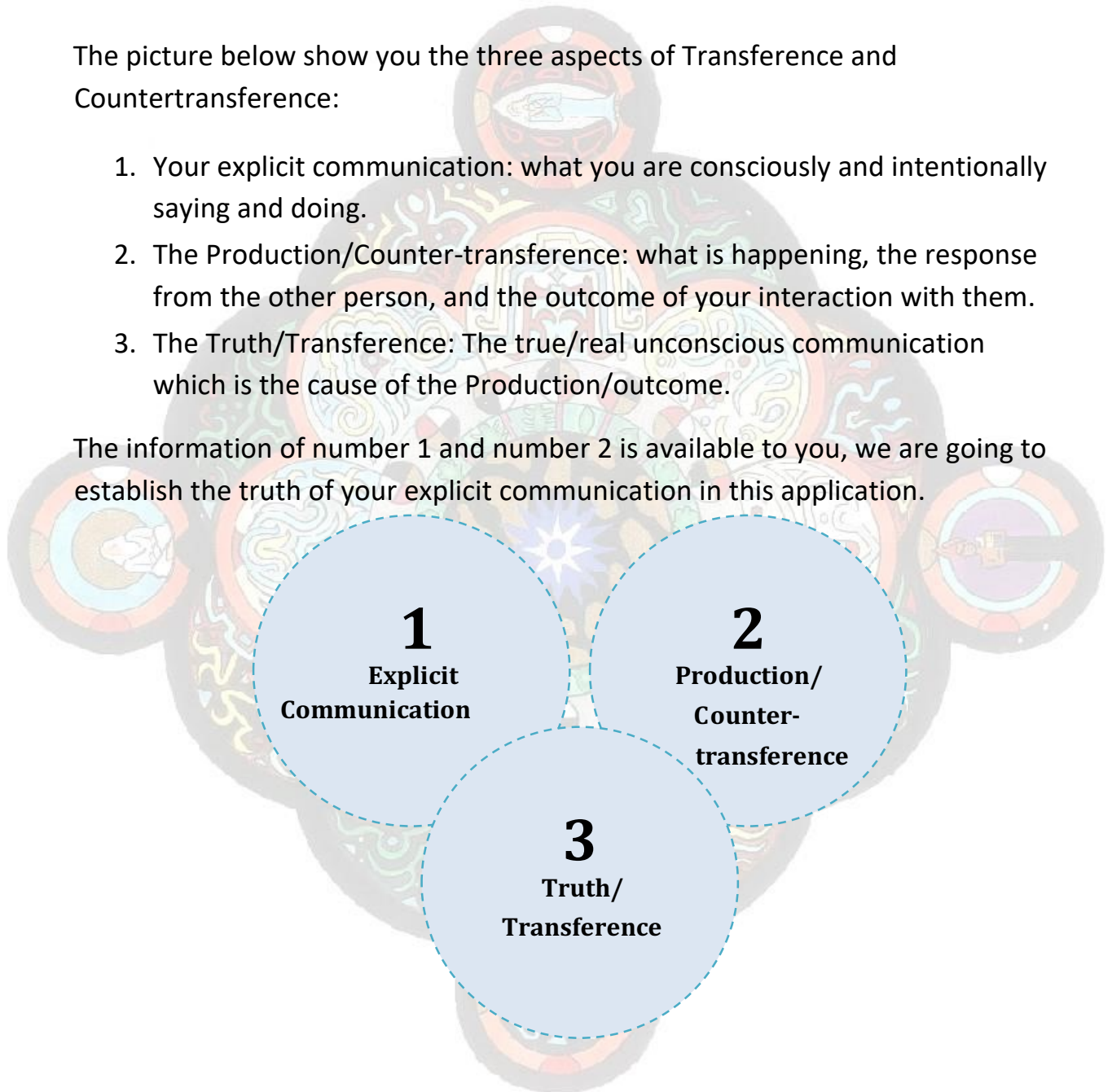


Print out this worksheet and complete it. Use the information from Video 1 in the series to guide you on how to complete the worksheet.

The picture below show you the three aspects of Transference and Countertransference:

1. Your explicit communication: what you are consciously and intentionally saying and doing.
2. The Production/Counter-transference: what is happening, the response from the other person, and the outcome of your interaction with them.
3. The Truth/Transference: The true/real unconscious communication which is the cause of the Production/outcome.

The information of number 1 and number 2 is available to you, we are going to establish the truth of your explicit communication in this application.



Use the four keys to identify your true communication:

1. Counter-Transference:

The other person's behaviour and response to what you are doing.

2. Compensation:

The opposite of how you think you are always lies in the unconscious. The ego is a reflection of the opposite to what you think and feel.

3

**Truth/
Transference**

3. Desire

The transference usually expresses a deep desire/need that you want to fulfil.

4. Primary relationships

How you felt in your relationship with your parents. The way they treated you is what you will expect and want.

Choose a relationship that you are frustrated with for this application. Then follow the 4 keys to help you identify your transference. The next page will guide you through this process.

Please note two very important points to keep in mind.

1. Be brutally honest with yourself.
2. To get to the truth will require speculation and imagination. You need to imagine what it is. Your unconscious will give you the information through playing with ideas.

The Relationship I want to work on is:

What is my explicit communication: (what I say and do)

Key 1 Countertransference: What is the outcome/response I get in the relationship?

Key 2 Compensation: What is the conscious opinion about myself and what do I think my unconscious position is?

Key 3 Desire: What is it that I want from this relationship (and others like it)?

Key 4 Primary relationships: What is the dynamic between me and my parents? How do they love me and make me feel?

What do I think/suspect is my Transference/Truth of my unconscious communication?
