**A positive and a negative childhood memory:**

Don’t make this a difficult assessment. Just write down what comes to your mind first.

If nothing comes to your mind, it may help to remember your house, the school, your family and friends. Please send this to [info@martina-famos.ch](mailto:info@martina-famos.ch). Thank you!

1) If you can, please tell me about a positive childhood memory (from birth to approximately 11 y). It can be whatever you remember was a good moment for you.

Please do not write about reoccurring events, such es: every Christmas we did....,

but about one that stands as a single event.

2) Please do the same with a negative childhood memory.

3) If you have had a very negative experience after the age of 11y, you can write me about that one too, or instead.