**My Summary File**

Here is where you write down your discoveries, and respond to the question about your birth order.

Please send this file to me before we meet: [info@martina-famos.ch](mailto:info@martina-famos.ch)

Thank you!

**Assessment „Irrational Beliefs“**

Belief 1 (the strongest):

Belief 2:

Belief 3:

**Assessment „My part in conflicts“**

My do’s 1:

My do’s 2:

My do’s 3:

**Please inform me about your birth order, gender of your siblings, and the years in between.**

1st. born?

2nd born?

3rd born?

Others?