**2 more questions:**

This is where you can write down your beliefs and respond to one final question.

Please send this file to me before we meet: info@martina-famos.ch

Thank you!

**Assessment „Irrational Beliefs“**

Belief 1 (the strongest):

Belief 2:

Belief 3:

I'd appreciate it if you could let me know your birth order, your siblings’ genders, and the years you were all born.

1st. born:

2nd born:

3rd born:

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