**Clarity Support:**

Thank you for trusting me on this process.

I want to make sure you know that all the information you give me is strictly confidential. I have a legal and ethical duty to safeguard everything we talk and everything you share with me.

To offer you the best possible support, I invite you to take some time to reflect on the questions below.

Answering these questions can help you become more explicit about where you are now and where you want to go with your parenting style.

They also help me understand you as a parent before we meet to benefit from a revealing and insightful first session. Nevertheless, it’s an invitation and not a must to answer the questions.

It may take you about 30 minutes. Don't hold back in being as blunt and straightforward as you want. I don't judge, and nothing you write can induce negative ideas about you.

Please write the answers below the questions in this same document and send it back to me at [info@martina-famos.ch](mailto:info@martina-famos.ch)

I look forward to understanding you and talking to you soon.

Sincerely,

Martina

1. How happy are you with your parenting style or skills? From 1-10?

 2. Which ways to respond to situations with your child or children make you feel a certain amount of guilt or shame? And how strong can those feelings become from 1-10?  
  
  
  
 3. What is your biggest fear in failing as a parent that could negatively affect your child once they are an adult?  
  
   
  
 4. What are you really good at as a parent?  
  
   
  
 5. What part of being a parent do you enjoy most?  
  
    
  
 6. Is there something relevant I should know concerning the circumstances your child or children were born or lived through until now? This can be in a positive and negative sense.

    
  
 7. What is the birth order of your children if you have more than one, and how many years are in between them?  
  
   
  
 8. What was your birth order in your family of origin?

9. What have you experienced in your family of origin that you are keen on not repeating with your children?

10. If I was not a counselor but a fairy with a magic wand, what would you ask for regarding the relationship with your children or the family?  
  
    
  
11. Instead, what seems never to be coming true and continually repeating itself?  
  
    
  
12. Describe how your family would look like if magic could eliminate this particular problem, and your family life would be a 10 or even a 12!  
  
    
  
13. If it was easy, which change in attitude, ways of being, or skills would improve your parenting style for becoming a 10 or even a 12?  
  
 

14. What have you already tried to change, and how did it work?

15. What would your relationship with your children look like in 15 or more years if your parenting style remained the same?  
  
    
  
16. How important is it for you to improve your parenting style? From 1-10?  
  
    
  
17. Do you feel someone or something in your life is holding you back from moving in the direction you desire? Or do you think someone is responsible for the situation you are in?  
  
    
  
18. How did you find me, and what made you choose me?  
  
    
  
19. I believe you have invested quite some time, energy, and money in your career or self-growth path. Has there been a time when you also invested in parenting and improving your understanding of being a parent through counseling, coaching, or similar resources? 