

# Understanding Siblings

This worksheet helps you gain further insight into the family relationships formed during childhood and understand how birth order may have affected beliefs and behavior (Sommers-Flanagan & Sommers-Flanagan, 2015).

Complete the following questions:

List your siblings in age order (oldest at the top):

Name	Age difference in years (+/-)	Description

Who took care of each other?

**Who played with each other?**

**Who got on best with each other?**

**Who was most like you?**

**Who was least like you?**

## References

- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2015). *Study guide for counseling and psychotherapy theories in context and practice: Skills, strategies, and Techniques, 2nd ed.* Hoboken, NJ: Wiley.

Dr. Jeremy Sutton