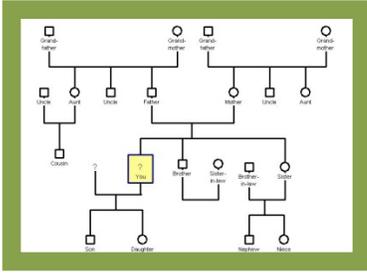


Family Genogram Worksheet: a way to visibly see generational patterns that impact your life

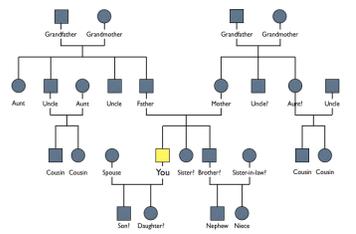
Adapted from materials by Pete Scazzero



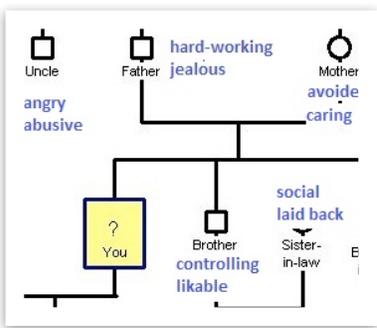
As you develop your family genogram, remember, we don't examine our families to accuse, but to grasp what was healthy and unhealthy so we can grow, heal, and mature into the people Jesus envisions us to be. With that hope, honestly walk through each step of this worksheet. Though it may be difficult, to insure you are seeing clearly, it may be helpful to interact with other family members about their answers to the same questions. For help in completing the worksheet, feel free to contact a friend, a Pastor, or one of our counselors.

1. Create a genogram (like a family tree) with the name of family members for up to 3 generations.

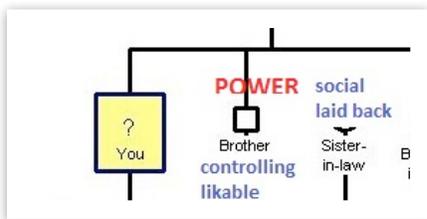
A Sample Genogram



2. Write down 2-3 adjectives describing key members of your family. (*Angry, Joyful, Sad, Anxious, Frustrated, Born out of wedlock, Grief-ridden, Motivated, Silly, Envy, Numb, Mental Illness*)

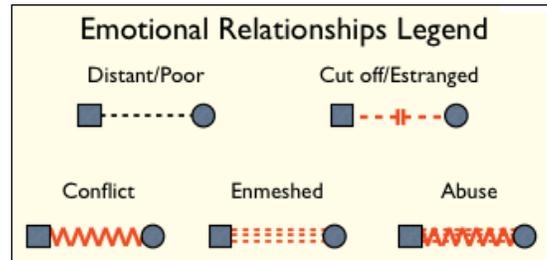


3. Write the word "Power" next to the person who had/has the power in each family.



4. Where helpful, write the "role" that individual played in their family. (e.g. *Scapegoat, Victim, Fixer, Favorite, Problem Solver, Baby, Screw-up, Peacemaker, Clown, Loser*)

5. For the relationships with significant family dynamics, use the Emotional Relationships Legend below to draw line-symbols between family members.



Cut-offs: Avoiding communication or contact (*including, but not limited to divorce*)

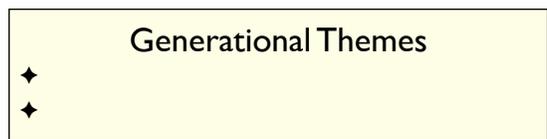
Conflict: Issues don't get resolved.

Enmeshment: Lack of clear boundaries, whether family members have to think, feel, and act alike. (e.g. *You say you "agree" because you don't want to deal with conflict or disapproval.*), or some expect to be always taken care by others.

Abuse: Severe crossing of personal boundaries – whether it be sexual, emotional or physical, severely injuring another.

Distant/Poor: Low or unhealthy connection between family members.

6. On the right side of your paper, write the 3 most significant repeating patterns that continue through generations of your family history.



7. On the left side of your paper, note "earthquake" events in your family history (e.g. *premature deaths, abuse, homosexuality, suicide, war, cancer, business collapse, affairs, immigration from another country, etc.*)

