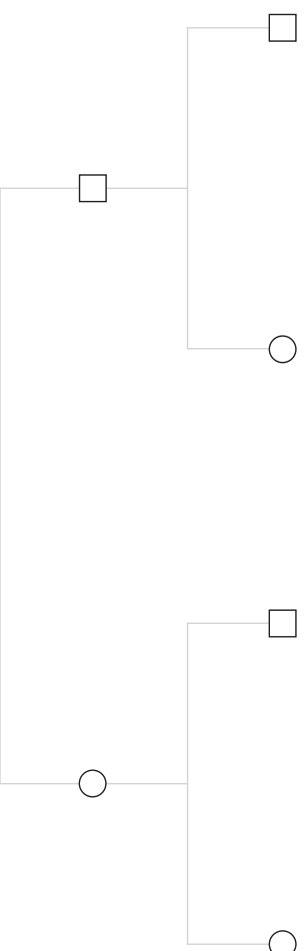


Family Genogram

Use this family genogram to map your family history. For instruction, visit practicingtheway.org/past.

☐ Male ☐ Female



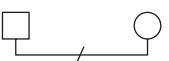

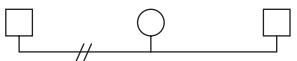


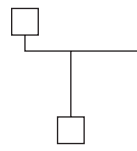
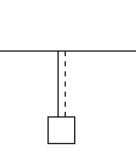
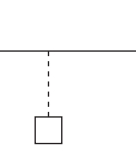
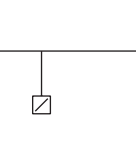
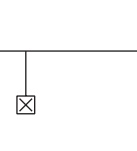
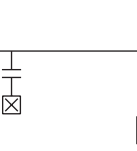
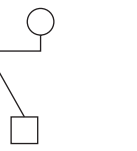
Relational Patterns

Using these symbols, complete your family genogram by adding any relational patterns you are able to identify in your family.



 Male
  Female
  Gay
  Lesbian
  Bisexual

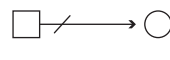
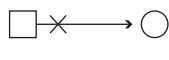

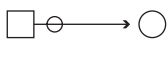
 Family Secret
  Affair

 Married
  Not Married
  Separated
  Divorced
  Divorced & Remarried

 Biological Child
  Adopted Child
  Foster Child
  Miscarriage
  Stillbirth
  Abortion
  Twins

 Conflicted or Hostile
  Emotionally Distant
  Cut Off
  Cut Off Repaired

 Close
  Enmeshment
  Caretaker
  Spiritual Connection

 Emotional Abuse
  Physical Abuse
  Sexual Abuse
  Spiritual Abuse

Narrative Scripts

The past becomes the present through our *narrative script*. Write down the narrative scripts that have existed in your family and may have been passed down through generations.

Messages received about life from Father (Caretaker):	Messages received about life from Mother (Caretaker):
Messages I received from key events:	
Cumulative messages I believe (beliefs that may or may not be true):	

List of possible generational curses

- Mental or physical illnesses (i.e depression, anxiety, cancer, obesity, anger management, diseases, etc)
- Substance abuse or addiction (i.e. alcoholism, gambling, pornography, etc)
- Abortion
- Suicide
- Death
- Sexual promiscuity
- Affairs
- Divorces
- Sexual, physical, or emotional abuse
- Family conflict, marital conflict
- Abandonment (emotional, physical absence)
- Family secrets (pregnancy out of wedlock, incest, abuse, financial scandal)
- Poverty, bankruptcy, financial issues
- Traumatic losses (sudden death, prolonged illnesses, stillbirths, miscarriages, bankruptcy, accidents)