



# Family Genogram

Discover the power of the past by creating a family genogram. The goal is to review key events in your family history to identify relational patterns and inherited values.



**Dealing With Your Past To Embrace Your Future**  
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# Family Genogram

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In life, we have our family of origin and our family of choice. We choose the people we do life with. But from birth, we're tied to our family of origin.

Exploring our family ties can help us examine and explain some of our behavioral patterns and ways of being.

## Steps

01 – Create your family tree (genogram) by generation

02 – Reflect on your family dynamics using the points below

## Reflect

- Names of family members at least 3 generations back
- Individuals who may have struggled with addictions
- Incidences of abuse
- Religious affiliations / backgrounds
- Heroes or heroines in the family
- Marital statuses of previous generations
- General family dynamics
- Examples of family triumphs
- Examples of family tragedies
- Names of people you identify with most in your family

# Family Genogram

Use this family genogram to map your family history.

□ Male    ○ Female

