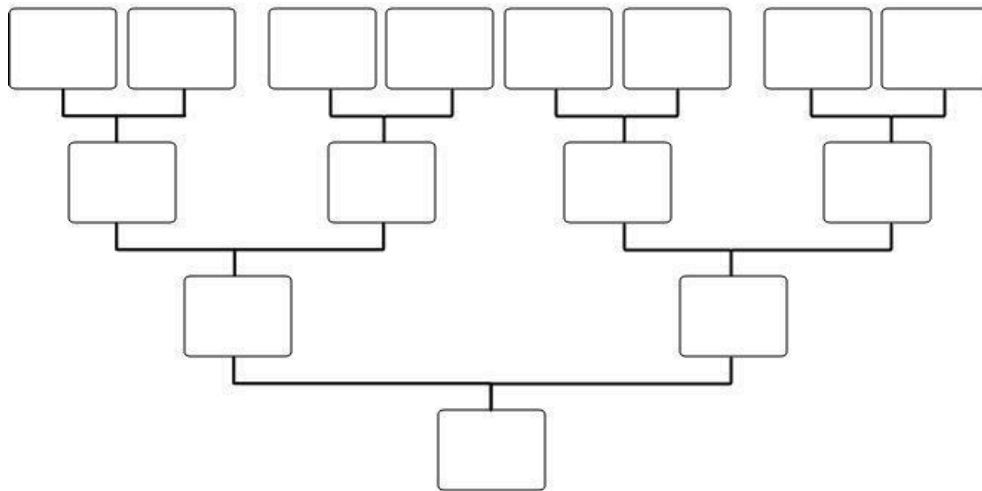


Family Genogram

Instructions:

- Draw your family tree back three, or if possible, four generations. Include names, birthdays, dates of death (if applicable).
- You may need to do some research by asking other family members information about family history, perception of people, etc. *The more you know* about your family, the more you can know yourself and better prepare yourself for marriage and starting your own family.
- Once you draw your family tree (example below), answer the provided questions to better understand your family culture and multi-generation transmission.



Questions:

- Describe your family culture. Consider:
 - Family rules
 - Unwritten rules
 - Family values
 - Family “taboos”
 - Do’s and don’ts within the family
 - How the family handles conflict with each other and those outside the family (possible triangulation)
 - What is acceptable or unacceptable in the family
 - How grandparents (or great grandparents) interacted with one another in marriage
 - How grandparents (or great grandparents) interacted with their children
 - How your mother and father interact with each other
 - How mother and father interact with their siblings
 - How mother and father interact with you as an adult child
 - How you and your siblings interact with one another
 - Family strengths
 - Family weaknesses
- Family history
 - Early death or suicides
 - Mental health issues (i.e. depression, anxiety, schizophrenia, bi-polar, etc.)
 - Physical disabilities
 - Sexual abuse or other maltreatment
 - Divorces or breakups
 - Cutoffs – a (living) person no longer speaks to someone else in the family
 - Other family struggles or difficulties

Synopsis

- What patterns do you see in your family line?
- What do you see in yourself that is in your mother and father (or other relatives)?
- What do you want to change in your new family (marriage) that is rooted in your family of origin culture?
- How have you become your own person apart from your family? (i.e. differentiation)