

Genogram Instructions

Below is a Genogram for you to start filling out. The Genogram is helpful for both you and me to see what your parents and grandparents are and were like. This will not only give us a picture of where we came from, but many times this information can give us a greater understanding of why we are - the way we are. It is not to show that you are *just* like your parents; rather we all are influenced by a complex combination of all our parents, grandparents, and other significant people in our lives. It may show how relationships were handled in your families of origin or how arguments were settled, etc. It is not to see who we can blame for the way we are, but rather I use it as a resource for understanding what behaviors and beliefs we learned from our parents...both good and bad. The good news is that negative generational patterns can be broken and healthier new patterns can be developed to help our current relationships and our children and their relationships.

There is a blank at the end of this document for each of you: his and hers. You can keep it private or share it with your partner and tape them together if you want to see the whole picture and try to understand how the patterns of your influences are similar or different from your partner's and how they may be interacting with your marriage...good and bad. **If at any time this exercise begins to stir up some memories or if you come from a very abusive background, it would be wise to do this project under the care and supervision of a qualified counselor!**

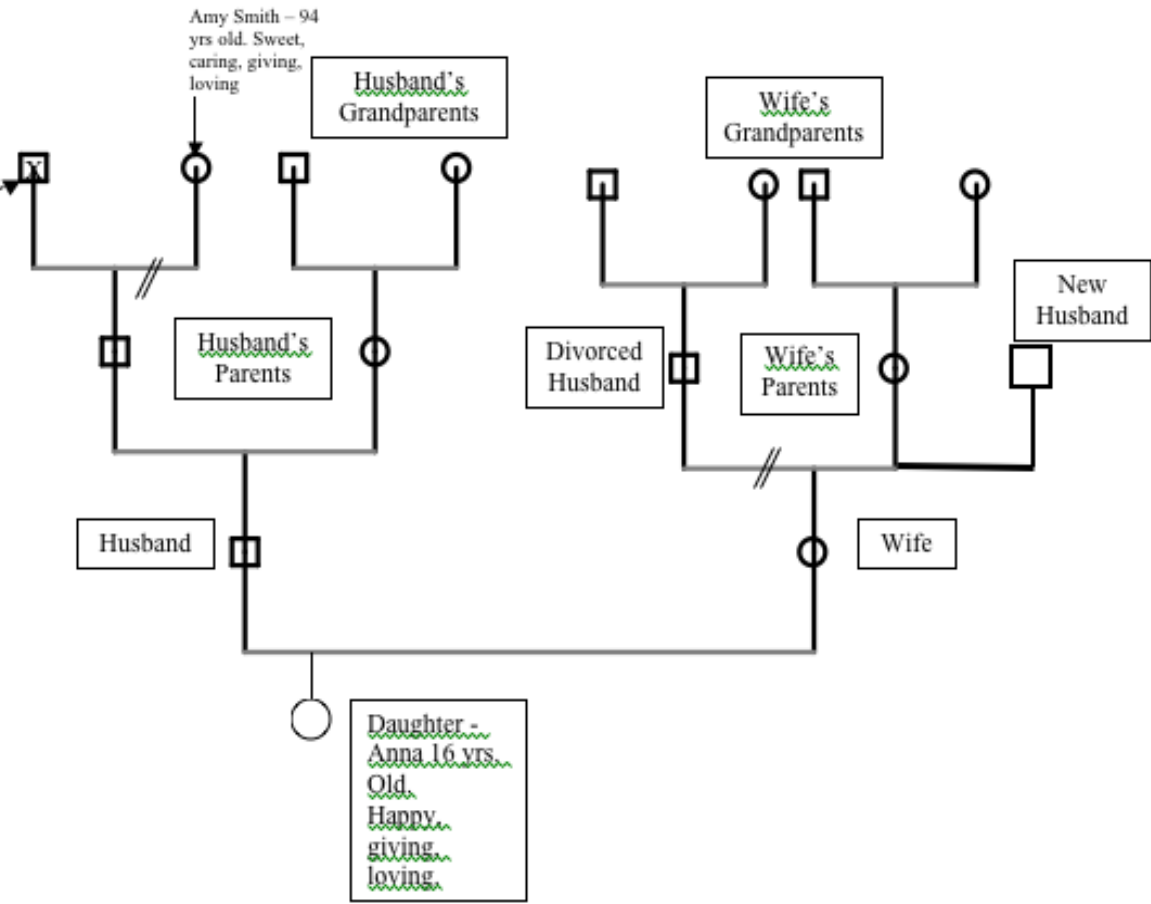
In the chart below, please do the following:

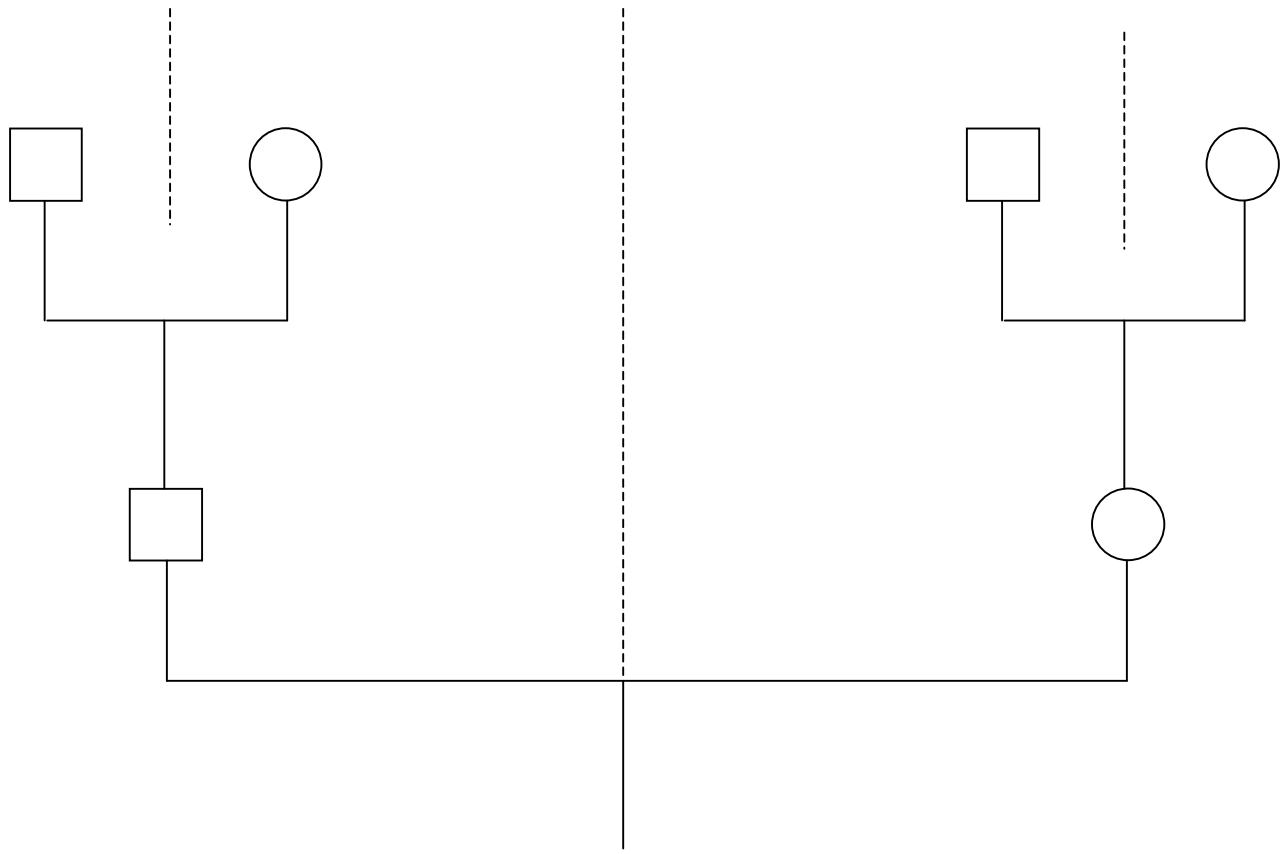
1. Put names in or near the blocks and circles.
 - a. Squares are men (what are the odds) and circles are women.
 - b. An X through a box or circle = death
2. If the chart of characteristics doesn't describe them well, please add your own words. This is just a list to get you started.
3. Beside each person, please put:
 - a. a death date if appropriate & brief description for death (old age, cancer or other disease, car wreck, etc.)
 - b. personal characteristics such as:

<p>Rigid Military background- Rigid Abusive – Emotional, Physical, and/or sexual Workaholic Worked a lot Not home much Unsafe Anger Issues – often and/or rage Mad one day/happy the next Didn't think I mattered I wasn't loved by him/her Inappropriate Touch Yelled a lot Spanked – often or rarely Manipulated Usually all about them Made things into a Crises Hotline I couldn't confront them He/she had to be right Shaming Critical Emotionally Distant and/or shut down Selfish</p>	<p>Touchy – in an appropriate way Military background Kind Loving Affectionate Supportive Encouraging Nurturing Protected me Safe Knew he/she loved me Came to my events: sports, plays, hobbies, cheering, etc. Emotionally Connected and/or available Told me often how much he/she loved me</p>
---	---

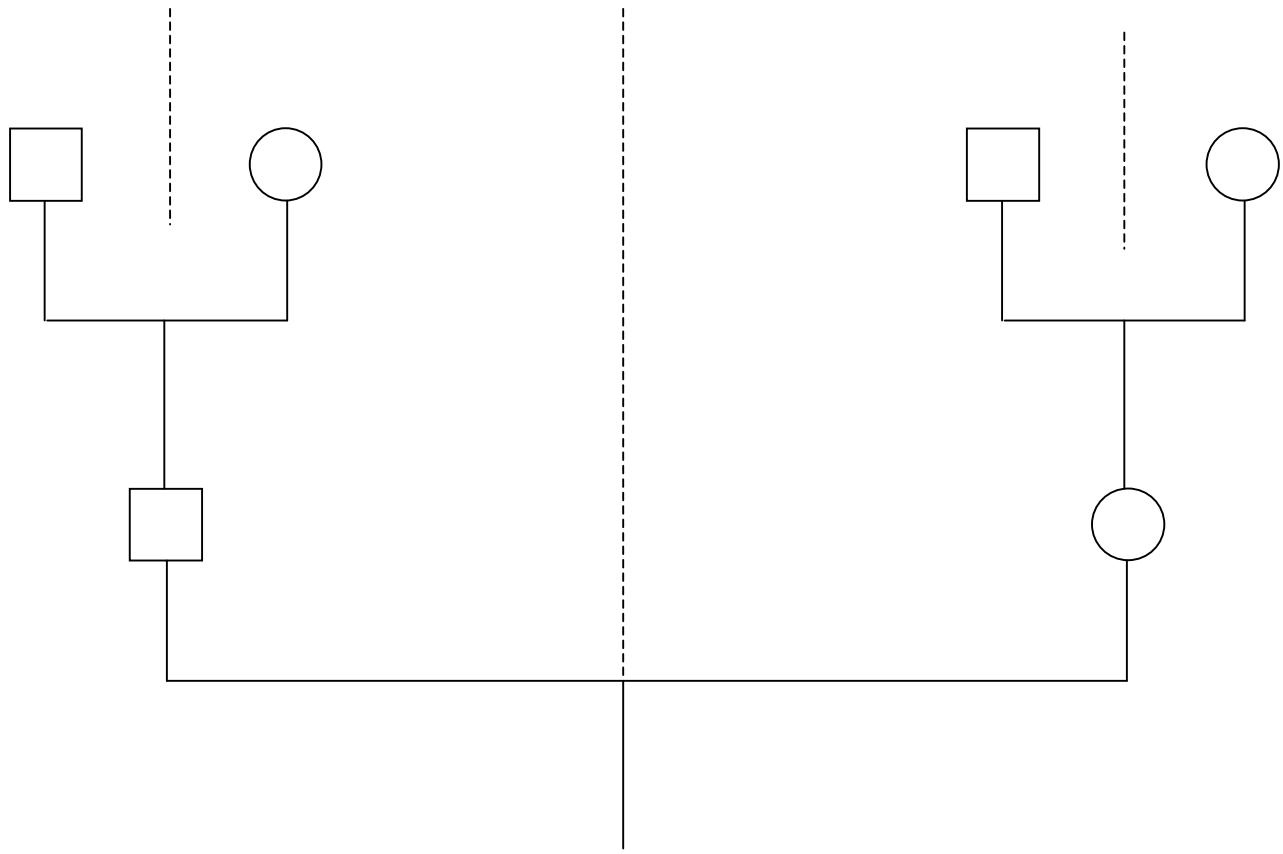
Example

Alan Smith-died 1999.
Characteristics – controlling, rigid, harsh
Relationally: aggressive, angry, rage, abusive





His



Hers