

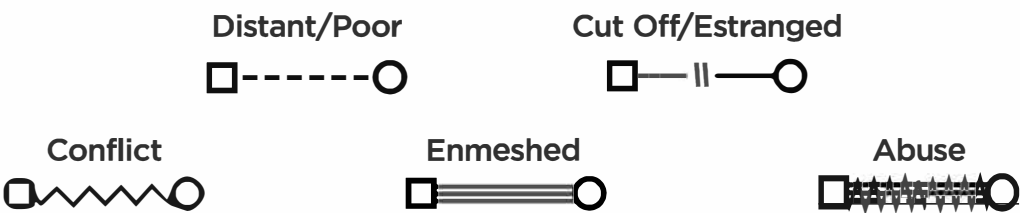
# Genogram Worksheet

We look at our families, not to find fault, but to understand what patterns we inherited that might keep us from growing up in Christ. We can also use this tool to unpack the positive legacies we received, knowing every family is a mixed bag.

- Next to each family member (parents, grandparents, siblings, and children) write down 2-3 adjectives describing them.
- On the lines between your parents describe their marriage(s). Describe your grandparent’s marriages, and then your own marriage, if applicable. (in 2-3 words).
- Use the symbols from the chart below below to describe the relationships between your family members.



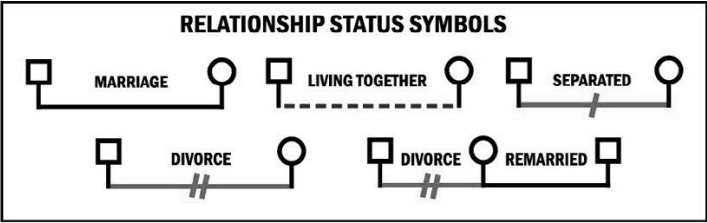
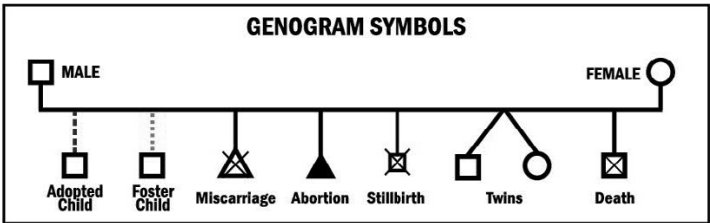
## Emotional Relationships Legend



- Distant/Poor:** Low or minimal emotional connection between family members.
- Cutoff/Estranged:** Family members avoid communication or contact.
- Conflict:** Issues don’t get resolved.
- Enmeshed:** Pressure is created for family members to think, feel, and act alike. For example, you are expected to attend a family event and you do so in order not to deal with someone else’s disapproval.
- Abuse:** Severe crossing of personal boundaries, injuring the dignity and humanity of another—whether it be sexual, emotional, or physical.

Once you’ve laid out your genogram, explore it by asking questions like:

- How did my family handle sadness? anger? fear?
- How did my family handle money?
- How were successes and failures handled in my family?
- How did my family members approach faith in God?



**Take a step back and consider your genogram:**

- 1. What themes do you notice in your genogram? (For example: addiction, affairs, loss, abuse, divorce, mental illness, achievement, etc.)
- 2. What “earthquake events” have impacted your family?
- 3. How have these themes, patterns and events impacted who you are today?
- 4. When you consider these things, what do you think God might like to re-parent in you?

IF YOU'RE NOT DEALING  
WITH YOUR STUFF

GROWING UP

YOU'RE THE ONLY ONE NOT  
DEALING WITH YOUR STUFF

GENOGRAM HANDOUT