

# GENOGRAM PACKET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## What is a Genogram? Why do one?

A genogram is like a family history, but it focuses on how people interact in your family. In a genogram, every family member is connected to every other family member by lines that indicate the quality of the relationship between those people. By examining all the complex interactions that occur within families, we begin to decipher your family's 'language' of interactional patterns. These interactional patterns are handed down from generation to generation. In order to change problematic interactional patterns, we first must identify what those patterns are. Once they have been identified, then we can begin the process of changing them.

## Basic Genogram Instructions

Before beginning your Genogram, we need to clarify the relationships you have with various members of your family. The next few pages will ask questions about members of your family. Write down the first response that comes to mind. If nothing comes to mind immediately, leave the answer space blank. Also, for family members you might not have, you may leave that section blank. For example, there are questions about brothers and sisters. If you had no siblings, you would leave those answer spaces blank.

After answering the questions in the following section, you will complete your Genogram (the last two pages of this packet) in session with your therapist. Make note of any questions you might have about the packet and go over them with your therapist at the Genogram session. If you can't complete the whole packet, that's okay. Just try to get as much of it done as you can.

## Family Relationships

Answer the following questions about members of your family. If you're unsure how to answer or don't know an answer, just leave that line blank:

My father supported my emotional needs by:

---

---

---

My mother supported my emotional needs by:

---

---

---

# GENOGRAM PACKET

One thing I always wanted from my father but never got:

---

---

---

---

One thing I always wanted from my mother but never got:

---

---

---

---

One helpful thing my father taught me:

---

---

---

---

One less helpful thing my father taught me:

---

---

---

---

One helpful thing my mother taught me:

---

---

---

---

One less helpful thing my mother taught me:

---

---

---

---

# GENOGRAM PACKET

## GRANDPARENTS

**NOTE: If you didn't have a relationship with a grandparent when you were a child, or if one or more of your grandparents were deceased when you were a child, leave that section blank.**

One helpful thing my father's father taught me:

---

---

One less helpful thing my father's father taught me:

---

---

One helpful thing my father's mother taught me:

---

---

One less helpful thing my father's mother taught me:

---

---

One helpful thing my mother's father taught me:

---

---

One less helpful thing my mother's father taught me:

---

---

One helpful thing my mother's mother taught me:

---

---

One less helpful thing my mother's mother taught me:

---

---

# GENOGRAM PACKET

## SIBLINGS

One helpful thing my brother(s) taught me (list for each brother):

---

---

---

---

---

---

One less helpful thing my brother(s) taught me (list for each brother):

---

---

---

---

---

---

One helpful thing my sister(s) taught me (list for each sister):

---

---

---

---

---

---

One less helpful thing my sister(s) taught me (list for each sister):

---

---

---

---

---

---

# GENOGRAM PACKET

## IMMEDIATE FAMILY

One helpful thing my spouse/partner taught me:

---

---

---

One less helpful thing my spouse/partner taught me:

---

---

---

One helpful thing my children taught me (list for each child):

---

---

---

---

---

---

---

---

---

---

One less helpful thing my children taught me (list for each child):

---

---

---

---

---

---

---

---

---

---

# GENOGRAM PACKET

Note any common themes in your answers from the previous section (for example, are there any similarities in things your family members taught you, that may have influenced your relationships and shaped your emotional language?):

---

---

---

---

---

---

---

---

---

---

# GENOGRAM PACKET

## Basic Genogram Instructions

On the Genogram on the next page, squares represent males and circles represent females. The first square and circle are drawn for you to get you started. The square represents your father, and the circle represents your mother. Write your father's name in the square, and write your mother's name in the circle. Draw yourself below your parents, and write your name inside the appropriate shape. On the same line with you, list any brother and sisters, and their spouses. Above your parents, list their mothers and fathers. Below yourself and your siblings, list any children.

Now connect everyone in the family to everyone else in the family, using the lines in the chart below. Start with yourself. If you don't know about a relationship between two people in your family, leave it out. Only connect people whose relationships you know about. Use these lines to indicate the type of relationships:

-  Good relationship
-  Smothering relationship
-  Good relationship with occasional conflicts
-  Relationship with a lot of conflict
-  Relationship with physical or sexual abuse
-  Emotional cutoff (Don't talk to or interact with this person any more than absolutely necessary)

Once you have completed the Genogram, go back and list everyone's age inside the appropriate circle or square. If someone is deceased, list their date of death. Finally, draw a dotted circle that encompasses everybody in your immediate family; in other words, everybody who lives in the home with you.

# GENOGRAM PACKET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

