

HOW TO COMPLETE YOUR GENOGRAM

A MAP OF REPEATING PATTERNS ACROSS YOUR FAMILY SYSTEM

PURPOSE

This exercise is designed to help you observe recurring patterns in your family system and notice which of them may also be present in your own life.

HOW TO USE IT

- 1 Fill in as much of the family genogram as you know: yourself, parents, grandparents, and great-grandparents; add other relatives if you wish.
- 2 Use the categories and short codes to mark the patterns you recognize.
- 3 Look for repetitions across generations. Notice both identical patterns and patterns that may have changed form.
- 4 Choose 1-3 patterns that feel most relevant to your life today and write them on the reflection page.

PATTERN LEGEND

MONEY & SECURITY

FL - Financial Loss; DB - Debt; BK - Bankruptcy; FI - Financial Insecurity

RELATIONSHIPS

DIV - Divorce; LON - Loneliness; BET - Betrayal; CD - Codependent Dynamics

ADDICTION / ESCAPE

AL - Alcohol; DR - Drugs; FO - Food / Overeating; WK - Workaholism; GA - Gambling; SH - Shopping; GD - Gaming / Digital

STRESS & HEALTH

SI - Illness During Stress; CH - Repeating Chronic Health Pattern

Mark only what you genuinely know or strongly recognize from your family history.

YOUR ANCESTRAL PATTERN MAP

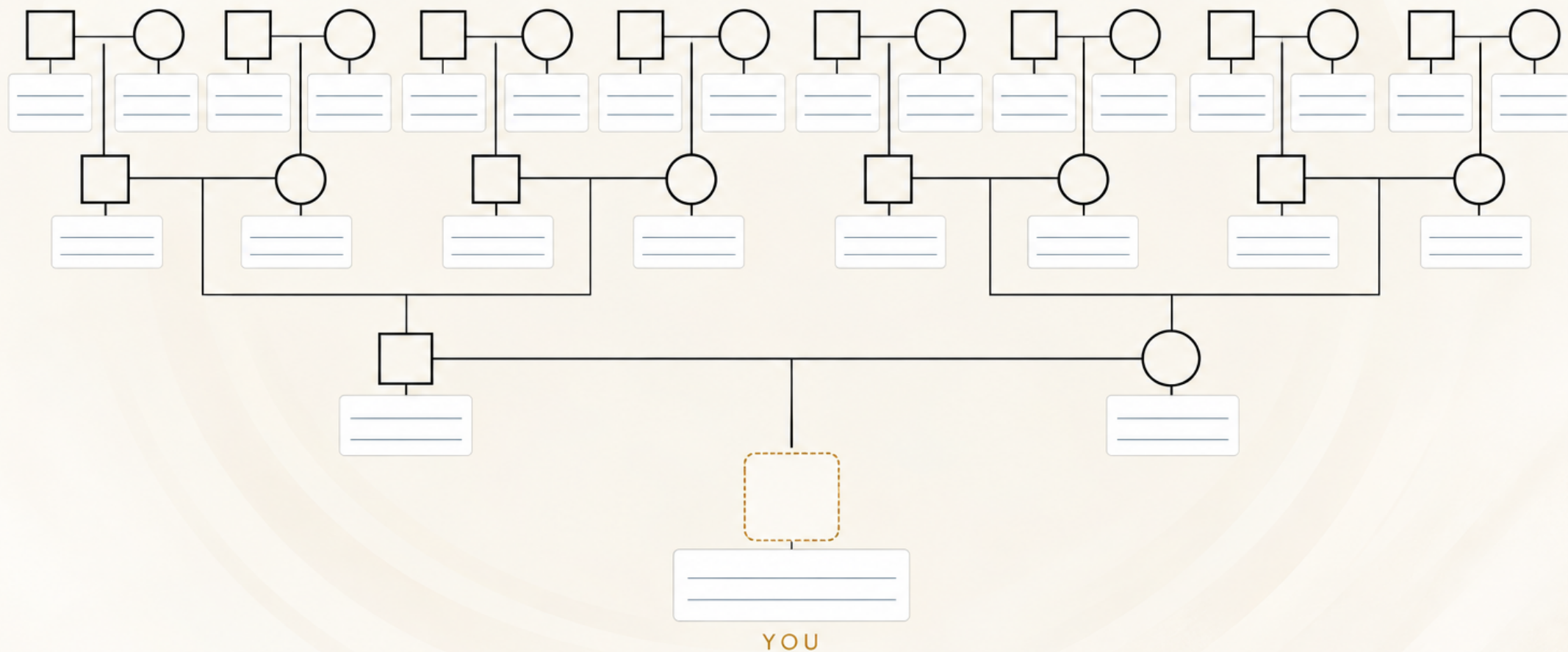
A VISUAL GENOGRAM FOR IDENTIFYING REPEATING PATTERNS ACROSS GENERATIONS

□ = Male

○ = Female

Write the name (or your own reference) under each person.

Use the space to note the patterns you notice (you can use the codes from the next page).



WHAT DO YOU NOTICE?

REFLECTION AFTER COMPLETING YOUR GENOGRAM

1. Which specific patterns appear in more than one generation?

2. Which patterns do you recognize in your own life today?

MY PATTERNS TO EXPLORE

Choose 1-3 patterns that feel most relevant to your life today.

1

2

3
