

A **genogram** is a detailed family tree that allows an individual to identify family patterns.

The practice of identifying current family patterns provides the opportunity to consider the influence from our families of origin and establish new, desired patterns through everyday choices.

Start by drawing out your family tree with symbols. You can be as simple or as detailed as you like. Here is a [link to a genogram worksheet template](#) if you want to use symbols like a counselor.

Begin with your grandparents and continue to your siblings. If you are married, include your marriage and any children. Include as much of the following information as possible:

- Name
- Dates of Birth
- Marriages
- Divorces
- Adultery
- Abuse (emotional, physical, sexual)
- Noteworthy Illnesses or Serious Medical Problems
- Deaths
- Alcoholism or drug use
- Incarceration or Conflict with the Law
- Mental Illness
- Emotional Problems
- Dominant Tendencies (i.e. being overprotective, controlling, perfectionistic, etc.).
- Meaningful Spiritual Experiences

*This is not an exhaustive list. You can trace any family patterns or traits.

As a starting place, when you have completed your genogram, it can be helpful to observe and share with a trusted confidant how your family map informs gratitude, family and individual strengths, and areas for growth or change.