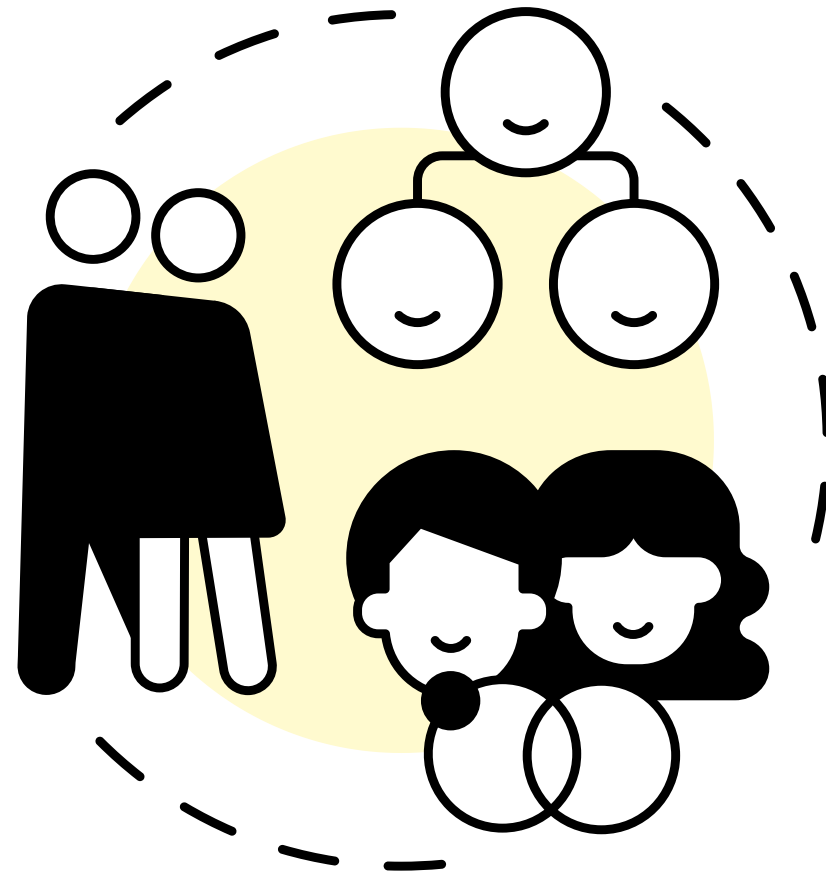


GENOGRAM TEMPLATE WORKSHEET



INTRODUCTION

Welcome to the Genogram Worksheet, an interactive tool designed to help you visually map out your family's history and relationships. This worksheet will guide you through the process of creating a genogram, which is not just a family tree, but a rich diagram that encapsulates information about family structures, relationships, and patterns.

As you embark on this journey, you will gain insights into the genetic and psychological factors that have woven the fabric of your family's unique narrative. The genogram you create will serve as a visual representation of your family's generational legacy, capturing not only the lineage but also the interplay of relationships, emotional connections, and significant life events.

This worksheet is structured to provide clarity and ease as you plot out the various elements of your family genogram. You'll find clear instructions and definitions to assist you in accurately representing each family member and their connections. Through this process, you may uncover inherited traits, recurring challenges, strengths, and even medical histories that have traveled through your family line.

Whether you are a professional seeking to understand a client's background, an individual curious about your own roots, or someone looking to identify patterns that may influence your life choices, this worksheet is a step toward gaining a deeper understanding of where you come from and the forces that have shaped you.

INSTRUCTIONS

1. Fill in Individual Information:

- Begin by writing the names of family members within the appropriate gender symbols—squares for males, circles for females, the combined symbols for transgender individuals, and diamonds for non-binary individuals.

2. Mark Lifespans and Deaths:

- For each individual, include birth and death information. If a person is deceased, mark this on their gender symbol. Write the birth year and the age at death below their symbol.

3. Connect Family Members:

- Draw lines to connect individuals to their parents and siblings. Use a solid line to represent the connection to parents, and a bracket to group siblings together.

4. Indicate Marriages and Partnerships:

- Use the marital status symbols to connect individuals who are or were in a relationship. Make sure to distinguish between marriages, cohabitation, and separations with the correct symbols.

5. Detail Children Relationships:

- Position children below their parents and connect them with a vertical line to the horizontal line that connects the parents. For adopted children, place their symbol within another symbol. Use the special twin symbols to denote twins and identical twins.

6. Note Pregnancies:

- If there have been any pregnancies, indicate these with the corresponding symbol connected to the mother.

7. Illustrate Relationship Dynamics:

- Use the provided line patterns to describe the nature of the emotional relationships between individuals, such as close, conflictual, or estranged.

8. Identify Emotional and Physical Relationships:

- Describe the quality of emotional and physical relationships with the appropriate line styles, such as those for emotional abuse, sexual abuse, physical abuse, or a very close (fused) relationship.

9. Specify Relationship Types:

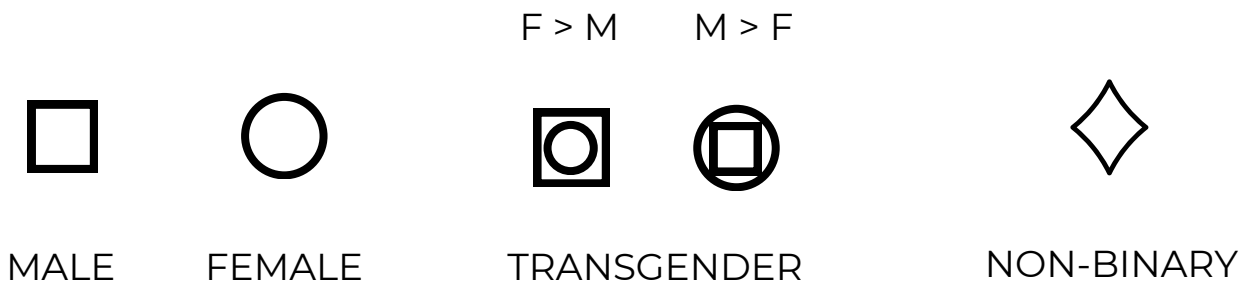
- Clearly denote the type of relationship between individuals, whether it is a married, committed, temporary sexual, or casual relationship, using the designated symbols.

10. Review and Reflect:

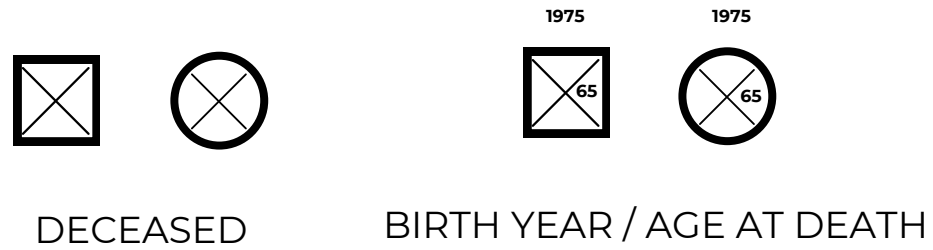
- Once you have included all the necessary symbols and connections, review the worksheet to ensure that it accurately reflects your family structure and relationships. Reflect on the patterns and histories that emerge.

SYMBOLS

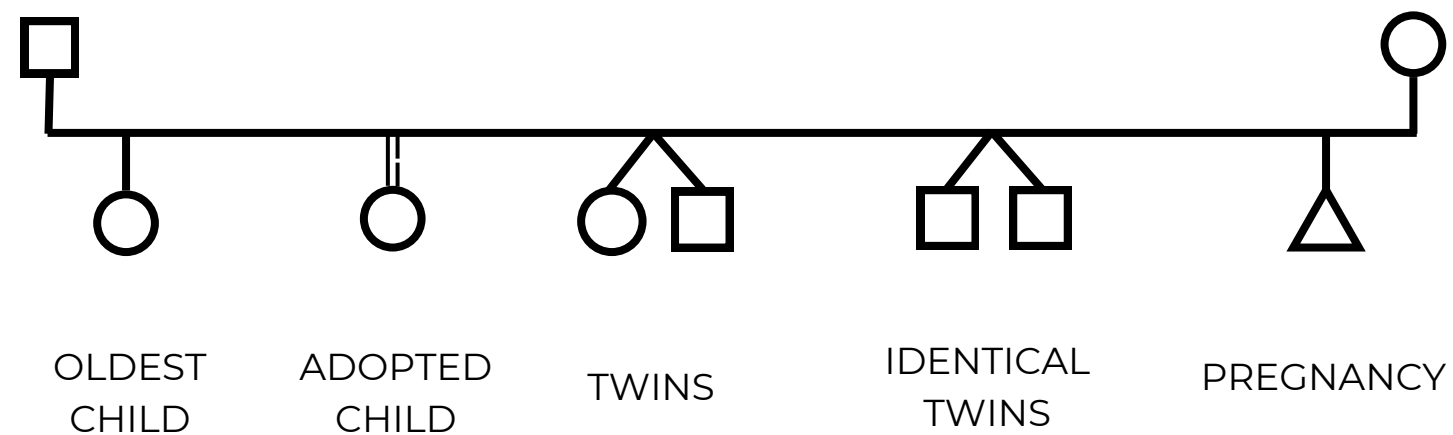
GENDER



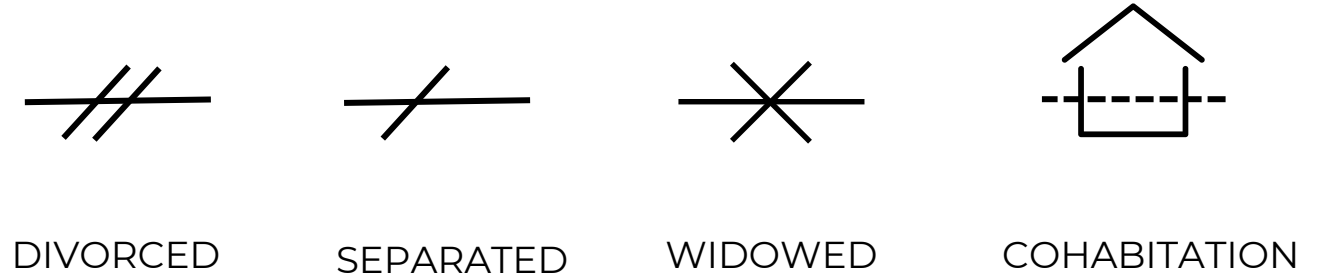
LIFESPAN



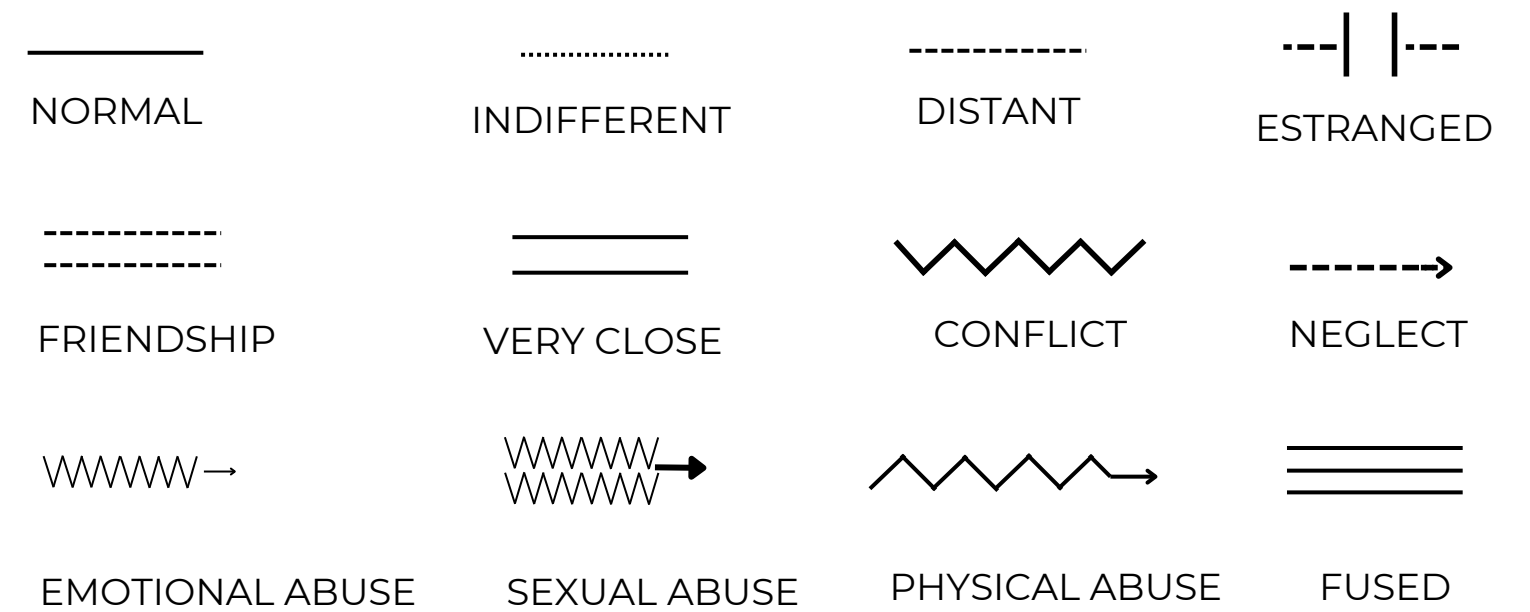
CHILDREN



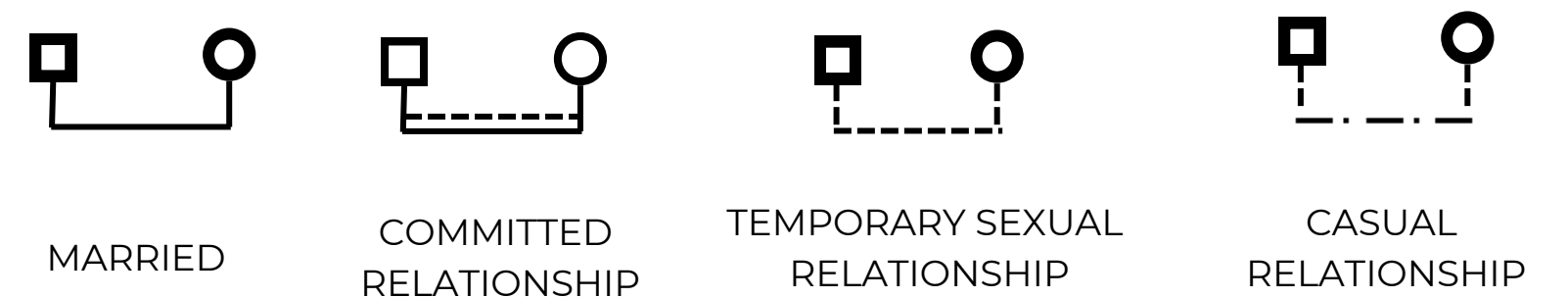
RELATIONSHIP EVENTS



EMOTIONAL RELATIONSHIPS



RELATIONSHIP TYPES



DEFINITIONS

Gender:

- Male: A person who identifies as a man.
- Female: A person who identifies as a woman.
- Transgender: A person whose gender identity differs from the sex they were assigned at birth.
- Non-Binary: A person who does not identify exclusively as a man or woman.

Lifespan:

- Deceased: A person who has passed away.
- Birth Year / Age at Death: The year a person was born and their age when they died.

Children:

- Oldest Child: The first-born child in a set of siblings.
- Adopted Child: A child who has been legally taken into a family to be raised as their own.
- Twins: Two siblings born at the same birth event.
- Identical Twins: Twins who are genetically identical.
- Pregnancy: The state of carrying a developing embryo or fetus within the female body.

Relationship Events:

- Divorced: The formal ending of a marriage.
- Separated: Couples who are living apart but are still legally married.
- Widowed: A person whose spouse has died.
- Cohabitation: People living together in a domestic partnership without being married.

Emotional Relationships:

- Normal: A typical or standard relationship.
- Indifferent: A relationship characterized by a lack of strong emotion or attachment.
- Distant: A relationship where individuals are emotionally far apart.
- Estranged: A relationship that has become hostile or unsympathetic.
- Friendship: A bond of mutual affection between people, not necessarily romantic.
- Very Close: A relationship with deep emotional connection and understanding.
- Conflict: A relationship with frequent disagreements or opposition.
- Neglect: A relationship suffering from a lack of attention or consideration.
- Emotional Abuse: A relationship where one individual manipulates, controls, or otherwise harms the other emotionally.
- Sexual Abuse: A relationship involving non-consensual sexual contact or behavior.
- Physical Abuse: A relationship where one individual inflicts physical harm on the other.
- Fused: An intensely close relationship where boundaries are blurred.

Relationship Types:

- Married: A legally or culturally recognized union between two people.
- Committed Relationship: A long-term, dedicated partnership between individuals.
- Temporary Sexual Relationship: A relationship focused on sexual activity without expectations of permanence.
- Casual Relationship: A relationship that is not serious or committed.

