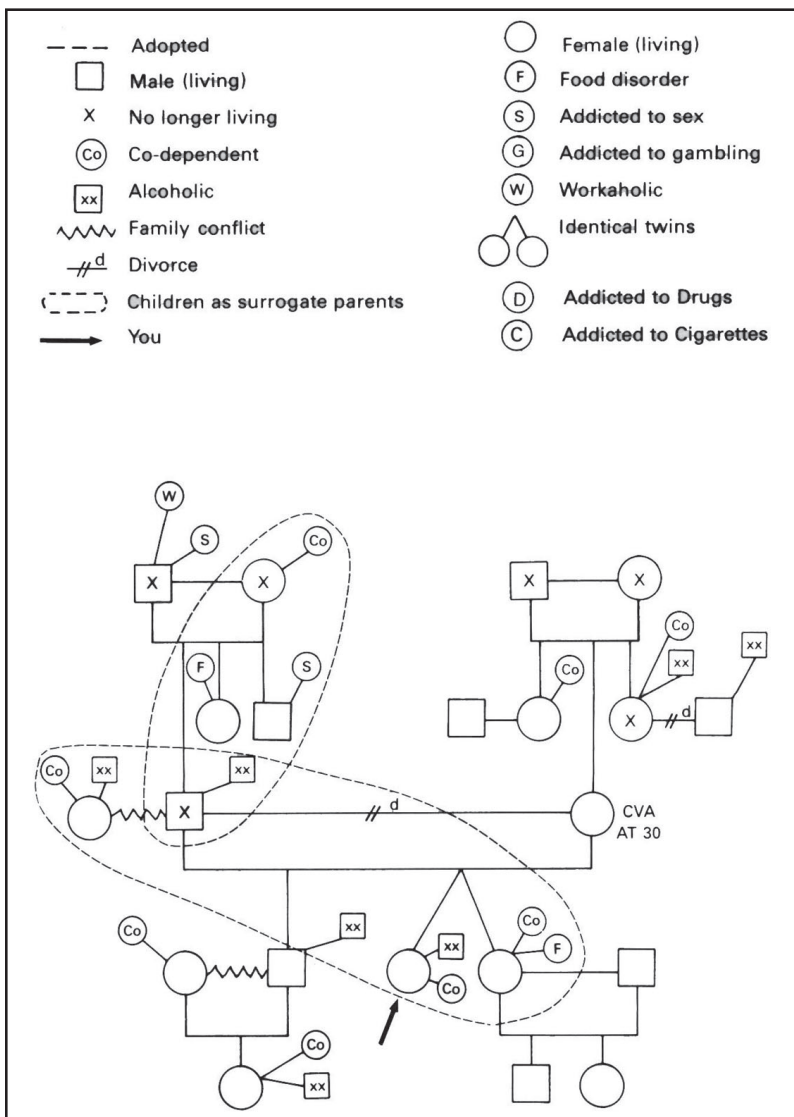


## EXERCISE 2-2: FAMILY GENOGRAM

1. Draw your genogram for at least 3 generations (Figure 2-2). Label anything that seems important to you. See if you can locate pictures of family members to go with the circles and squares on your page.
2. Try to identify any addictions, family tension, conflicts, or incidents of children parenting their parents. What patterns emerge? What do you now know about yourself that you failed to see before? What stories are important enough to be handed down? Who/what is the family proud of? What secrets does the family hide from others?
3. Discuss your genogram with 2 other people in your class that you choose. Each of you should take 5 minutes to describe the people represented and 25 minutes to discuss the family dynamics as you understand them.
4. Perhaps questions came up for you about various family members' lives and habits. Write to relatives asking them to fill in the missing pieces to help you better understand your heritage.
5. Remember, with this exercise in particular, the importance of confidentiality. Nothing revealed should ever leave the classroom. Be worthy of the trust placed in you as others take the risk of discussing private and sensitive material with you.
6. Journal about your feelings and your awareness from this exercise. Can you identify behaviors that you've developed from your family that may interfere with mature healing? Comment on any, and problem solve ways in which you might be able to work through those behaviors.



**Figure 2-2.** A family genogram is a map of a family for several generations. It is a very useful picture that reveals multigenerational patterns.