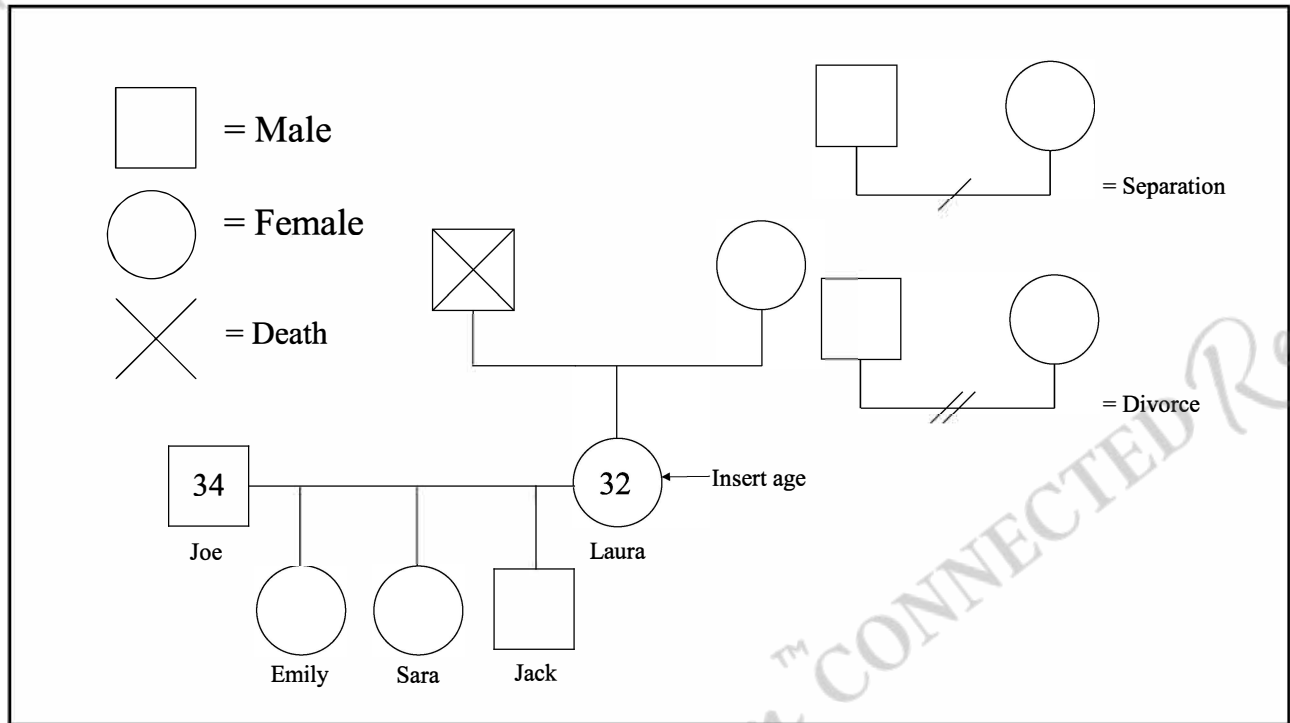


Genogram Activity Directions

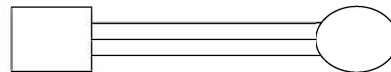
1



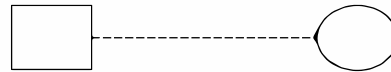
2

Genogram Symbols

Very close relationship



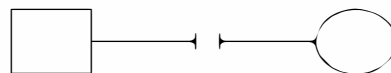
Distant relationship



Conflictual relationship



Estrangement or cutoff



= Addiction



= Psychological disorder

Genogram Activity Directions

3

Genogram Questions

1. Create a genogram including your generation and two previous generations (your generation, your parent's generation, and your grandparents' generation)
2. List 3 overt values or rules (e.g.: work hard, save money, etc.) that were clear in your family of origin.
3. List 3 unspoken values or rules (e.g.: real men don't cry, etc.) or family secrets that existed in your family of origin. Many family "secrets" operate as unspoken rules.
4. List 3 characteristics of each family member.

4

