



Practicing The Way

# GENOGRAM WORKBOOK

## **How do we discover the power of the past?**

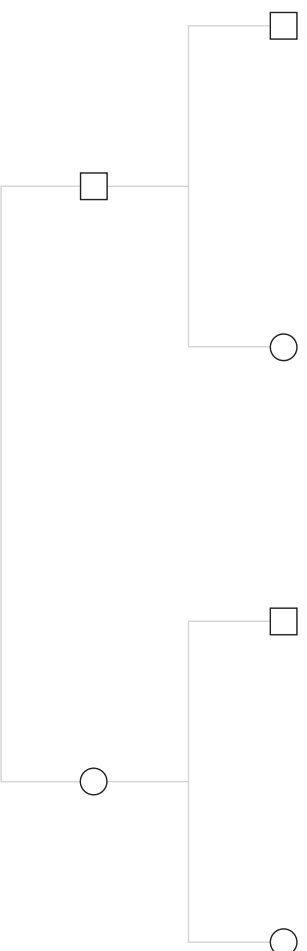
We all inherit ways of living from our family and culture that are out of sync with the way of Jesus. So a key task in our apprenticeship to Jesus is being re-parented into the family of God. In this workbook, we will discover the power of the past by creating a family genogram. The goal is to review key events in your family history and identify generational sins, brokenness, relational patterns, and inherited values. Use this workbook alongside the weekly practice of "Dealing With Your Past," available at [practicingtheway.org](http://practicingtheway.org).

Learn more about Practicing The Way  
[practicingtheway.org](http://practicingtheway.org)

# Family Genogram

Use this family genogram to map your family history. For instruction, visit [practicintheway.org/past](http://practicintheway.org/past).

Male     Female



# Questions To Ask Yourself

You may need to ask your parents, grandparents, or extended family members to get answers to these questions. Some questions may be hard to ask, so only go as far as you're comfortable.

1. Which, if any, of the following diseases are in your family of origin (Arthritis, Cancer, Heart Conditions, Diabetes, Depression, Fibromyalgia, Mental Depressive Disorders, Mental retardation, Mental Disturbances, Nervous Breakdowns, Repertory Troubles, Skin Issues, Ulcers)?
2. List all non-Christian religions in your ancestral history (Buddhism, Freemasonry, Islam, Hinduism, Mormonism, the Occult, etc.).
3. Has there been any substance abuse or addiction?
4. Has anyone had, participated in, or sponsored an abortion?
5. Has there been any notable sexual promiscuity? Affairs? Divorces?
6. Has there been any sexual, emotional, physical, or spiritual abuse?
7. Has there been any abandonment (physical or emotional absence) in your family of origin?
8. How would you describe your parents' and grandparents' marriage?
9. Did your parents show affection? To each other? To their kids? To you?
10. Was your family more patriarchal or matriarchal? Or a healthy balance?
11. Which parent are you most like? With whom were/are you closer?
12. How well did you get along with your siblings growing up? How about now?
13. Which role did you play in your family (responsible eldest, baby, black sheep, caretaker, etc.)?
14. How did your family deal with conflict (fight, flight, freeze, etc.)?
15. Was your family open in talking about feelings, especially negative feelings?
16. Were there any family secrets (pregnancy out of wedlock, incest, abuse, financial scandal, etc.)?
17. How did your family define success?
18. How was money handled? Viewed? Was there a spirit of poverty or wealth?
19. Were there any heroes or heroines in the family? Any scapegoats? Why?
20. Were there any traumatic losses (sudden death, prolonged illnesses, stillbirths, bankruptcy, etc.)? Were those losses talked about openly and mourned? Or swept under the rug?

# Week 1

## Exercise 1: Key Events

List key events from your family history that have shaped you or your family. Consider adding these events to your genogram next to the identified family members.

### In My Life

### In My Family (Back 3 – 4 Generations)

Trauma	Trauma
Redemptive Moments	Redemptive Moments

## **Exercise 2: Generational Sins**

Write a list of any generational sins that you recognize in your family. For example: alcoholism, anger, adultery, abuse, etc. Consider adding these events to your genogram next to the identified family members.

## **Exercise 3: Generational Brokenness**

Write a list of any generational brokenness that you recognize in your family. For Example: premature death, disease, infertility, miscarriage, addiction, obesity, mental illness, poverty, wealth, cult practices such as freemasonry or scientology. Consider adding these events to your genogram next to the identified family members.

## **Exercise 4: Generational Sins & Brokenness I Carry Forward**

Write down any generational sins and/or brokenness that you have inherited from your family.

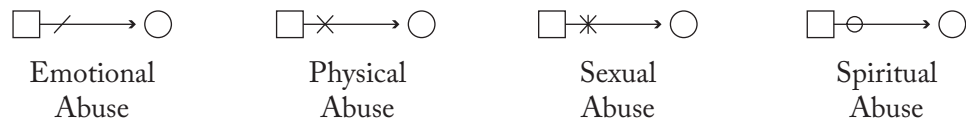
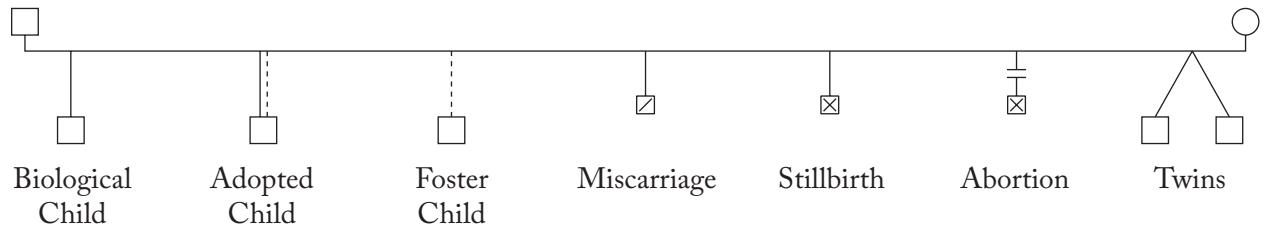
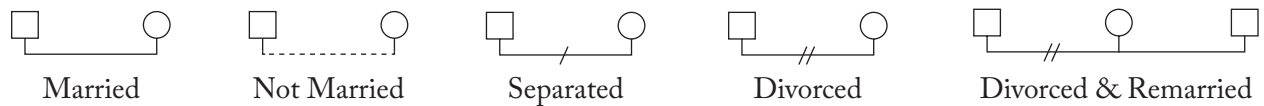
# Week 2

## Exercise 1: Relational Patterns

Using these symbols, complete your family genogram by adding any relational patterns you are able to identify in your family.

□ Male    ○ Female    □ Gay    ⊙ Lesbian    ▽ ▽ Bisexual

▼ Family Secret    ▲ Affair



## Exercise 2: Attachment Theory

Check the box of the Attachment Theory that describes your relational default setting:

- Secure Attachment:** Emotionally secure and happy with a freedom to explore. Generally believes that needs will be met.
- Anxious Attachment:** Emotionally anxious, insecure, and angry. Generally cannot rely on needs being met.
- Avoidance Attachment:** Emotionally distant and reluctant to explore. Subconsciously believes needs will probably not be met.
- Disorganized Attachment:** Emotionally depressed, angry, and non-responsive. Generally confused, with no strategy of how to get needs met.

## Exercise 3: Evil For Good

What evil things in your life and family history has God used for good? And how?

# Week 3

## Narrative Scripts

Write down the narrative scripts that have existed in your family and may have been passed down through generations.

Messages received about life from Father (Caretaker):	Messages received about life from Mother (Caretaker):
Messages I received from key events:	
Cumulative messages I believe (beliefs that may or may not be true):	



# Week 4

List the relational patterns, scripts, traditions, values, and blessings in your life you want to stop, start, and continue.

## Stop

## Start

## Continue

# **Week 5**

Choose a key memory from your past to evaluate. Take some time to identify the emotions this memory evokes and find an interpretation that you have come to believe. Finally, identify the truth to the memory.

## **Memory**

## **Emotion**

## **Interpretation**

## **Truth**