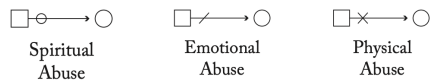
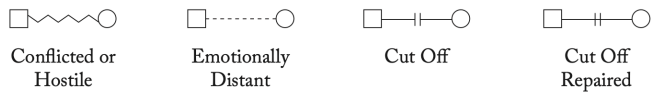
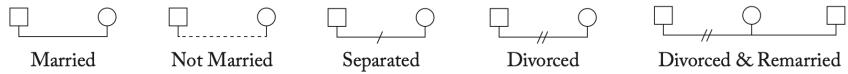
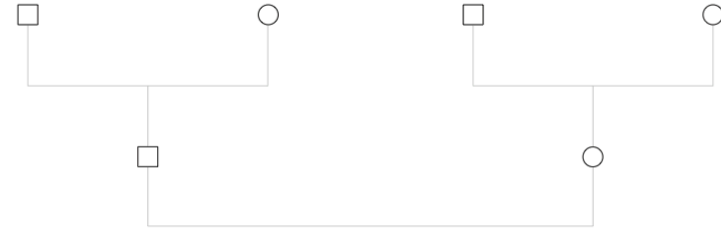


GENOGRAM



FAMILY OF ORIGIN



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

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 or contact a Christian therapist to help you navigate this...

1. List all religions in your ancestral history (Christianity, Buddhism, Freemasonry, Islam, Hinduism, Mormonism, the Occult, etc.).
2. Has there been any substance abuse or addiction?
3. Has there been any notable relational brokenness? Divorces?
4. Has there been any abandonment or abuse (physical or emotional absence) in your family of origin?
5. How would you describe your parents' and grandparents' marriage?
6. Did your parents show affection? To each other? To their kids? To you?
7. Was your family more patriarchal or matriarchal? Or a healthy balance?
8. Which parent are you most like? With whom were/are you closer?
9. How well did you get along with your siblings growing up? How about now?
10. Which role did you play in your family (responsible eldest, baby, black sheep, caretaker, etc.)?
11. How did your family deal with conflict (fight, flight, freeze, etc.)?
12. Was your family open in talking about feelings, especially negative feelings?
13. How did your family define success?
14. How was money handled? Viewed? Was there a spirit of poverty or wealth?
15. Were there any heroes or heroines in the family? Any scapegoats? Why?
16. Were there any traumatic losses? Were those losses talked about openly and mourned? Or swept under the rug?

adapted from practictheway.org

Resources and Therapists

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Phone Number: 619-477-4703

Lance Ahl, LMFT

lanceahl@gmail.com

Alair Olson

<https://www.alairolson.com/>

Danielle Sims

<https://www.psychologytoday.com/us/therapists/danielle-sims-san-diego-ca/480993?sid=5f6a9df6d41cd&name=Danielle+Sims&ref=1&tr=ResultsName>

<https://aplaceofgrowth.com/>

If you are need of financial assistance to help with therapy please let us know info@lightsandiego.com