

Genogram *Tool*

While your story with your Dad is extremely important, it is not a story you have experienced in a vacuum. It is a profoundly impactful relationship that is a part of a bigger family story that has shaped you. In addition to your Dad, your family patterns and family history have had a profound impact on you too. For most, it is something that goes completely unexamined.

Understanding your story in the context of your family history is an important part of the healing journey you are now on. So we are also going to begin taking steps to see the impact of generational momentum in your story. One very helpful tool for that is a genogram.

A genogram is a family tree that shows more than names and dates. It maps the relationships, patterns, and stories that have been handed down through the generations of your family: who was close and who was distant, how love was shown, how conflict was handled, and where things like faith, addiction, or divorce show up. We use it because so much of what shapes us began long before we were born. Seeing it laid out helps you honor what was good, notice what you inherited, and recognize what Jesus may be inviting you into for healing.

Start with filling in your family tree as best you can. Don't worry if there are gaps...it will not stop you from getting what you need from God here. Once you have filled out the family tree as best you can, use the key to add what you know about relationships and individuals. Then make some observations and begin writing down what you see or questions you may have. Here are a few general questions to help you get started:

What you put down here is yours. Your family story is holy ground.

- Do you see any behavior or emotional patterns?
- What is the relational legacy of your family?
- What role, if any, has spirituality played in your family story?
- What were the unspoken rules of your family?
 - How did your family deal with conflict? Anger? Money? Work? Sex? Emotions?
 - What were some unspoken expectations?
- Can you see "baggage" that you never knew you were carrying?

FINALLY, COME BACK TO DESIRE:

- Just like we discussed with your Dad, we all needed things from our family too. Are you beginning to see things that you needed and never got from your family?
- What would it be like to find healing and freedom from the bonds of generational momentum?
- What would it be like to be initiated into intimate sonship/daughterhood with God and begin receiving from him what you have needed and never gotten?

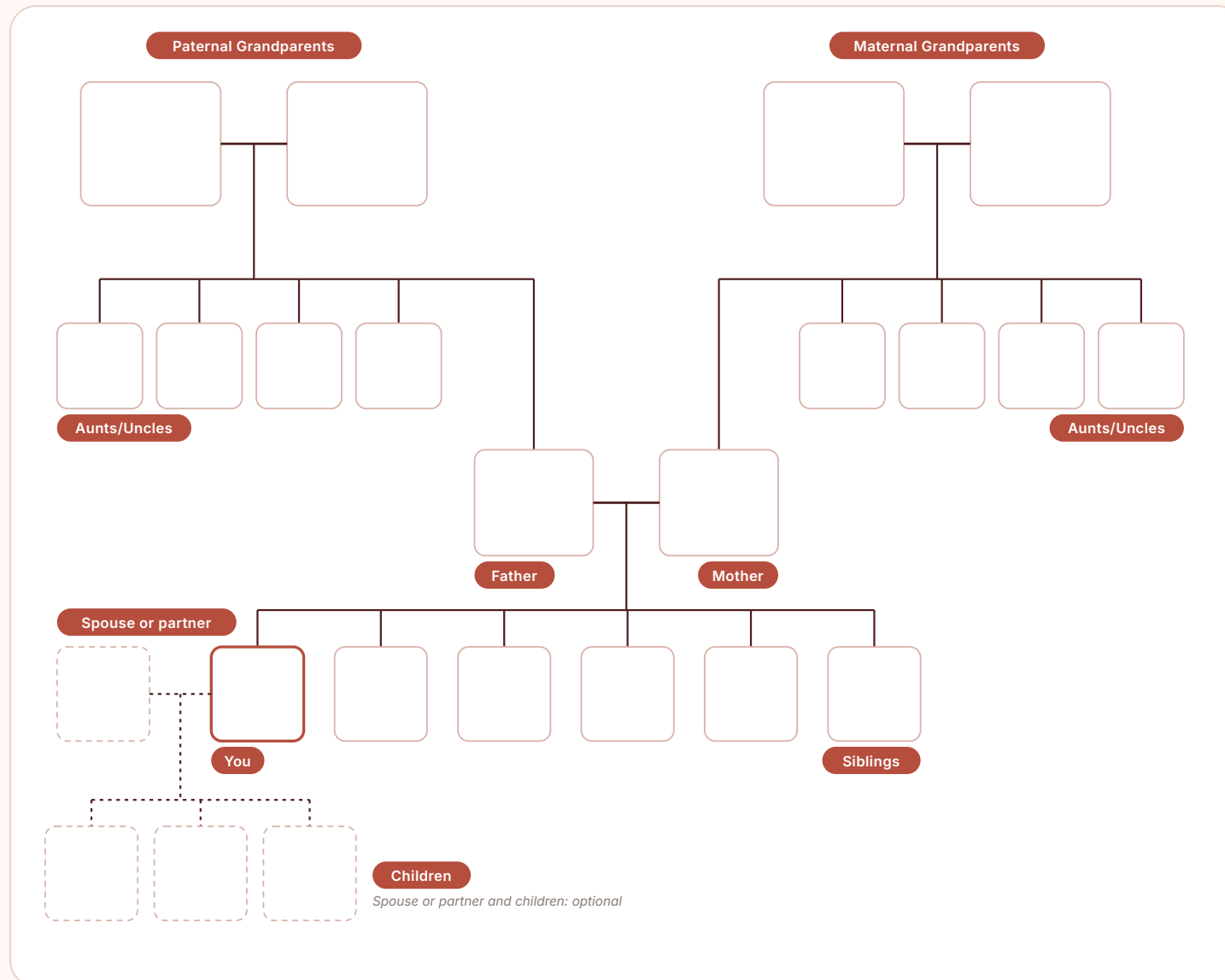
Those are not easy questions. But, again, it is important to try to name the desires that are being awakened. Knowing The Sacred Gap is an important step in understanding the invitation for healing Jesus has for you.

Consider sharing what you discover with someone you trust. Coaching and pastoral counseling are also available if you feel you need it.



Genogram

A diagram of family relationships, themes, struggles, etc.



Genogram Key

- Married
- #— Divorced
- Not Married
- ~ Someone with mental/emotional health condition/illness
- SexA** Sexually Abused
- VA** Verbally Abused
- Ab** Experienced Abandonment
- SubA** Struggles with Substance Abuse
- == Strong or Close Relationship
- One-sided/Dominant Relationship