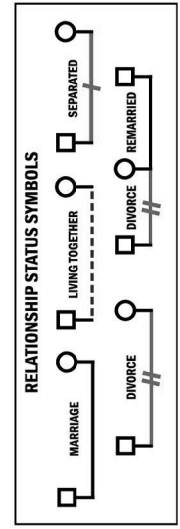
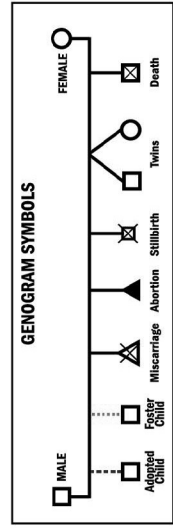




RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
<b>Conflicted</b>	A consistent pattern where issues do not get resolved between people.	
<b>Cut Offs</b>	People in the family stop talking to one another or avoid contact.	
<b>Distant/Poor</b>	Low or minimal emotional connection between family members.	
<b>Enmeshment</b>	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or be different.	
<b>Abuse</b>	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	



**EARTHQUAKE EVENTS**

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**THEMES**

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# Genogram Worksheet

We look at our families, not to find fault, but to get a realistic picture of what unhealthy patterns might be blocking our growth and maturing in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time.

**Fill in 1 - 3 through the eyes of your childhood (8 to 12 years old):**

**1.**

Next to each family member (parents, grandparents, siblings, and children) write down 2-3 adjectives describing them.

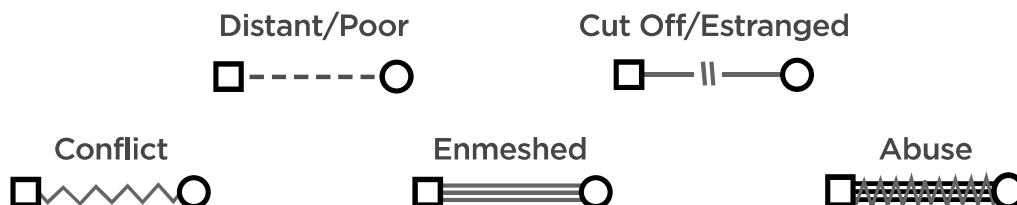
**2.**

On the lines between your parents describe their marriage(s). Describe your grandparent's marriages, and then your own marriage (in 2-3 words).

**3.**

Use the symbols from the chart below to describe the relationships between your family members.

## Emotional Relationships Legend



**Distant/Poor:** Low or minimal emotional connection between family members.

**Cutoff/Estranged:** Family members avoid communication or contact.

**Conflict:** Issues don't get resolved.

**Enmeshed:** Pressure is created for family members to think, feel, and act alike. For example, you are expected to attend a family event and you do so in order not to deal with someone else's disapproval.

**Abuse:** Severe crossing of personal boundaries, injuring the dignity and humanity of another—whether it be sexual, emotional, or physical.

**4.**

On the right side of your paper, note generational themes. (For example, addictions, affairs, losses, abuse, divorces, depression, mental illness, abortions, children born out of wedlock, etc.).

**5.**

Beneath that note “earthquake events” in your family history, i.e. events that significantly impacted the family. *(For example, premature deaths, abuse, suicide, war, cancer, business collapse, affairs, immigration from another country, etc.).*

**Take a step back and consider your genogram:**

**6.**

What might be one or two insights you are becoming aware of in terms of how your family (or any earthquake events) impacted who you are today?

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**7.**

What are one or two specific ways this may be impacting your leadership in the church?

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