



<b>Family Constellation Questionnaire and Genogram Instructions</b>	<b>Clinical Questionnaire</b>
<b>Description</b>	
<p><b>1. Please identify your chief complaint in one or two sentences.</b></p>          <p><b>2. If you consider the worst outcome that could occur to you if your complaint or main issues were not resolved, what would it be? Another way to think of this is if your symptoms persist, what would be the worst thing that could happen to you? (i.e. I'll lose everything, I'll be all alone, they'll leave me, my life will be meaningless etc.)</b></p>          <p><b>3. Please provide details about your mother:</b></p> <p>a) Her chief characteristics – 5 key descriptive words</p>          <p>b) Your relationship with her</p>          <p>c) Her relationship with her mother</p>          <p>d) Was there ever any time when you were separated from her in the first 10 years of life?</p>          <p>e) Were you a “mommy’s girl/boy”?- describe</p>	

f) Did you feel over or under mothered i.e. inundated or abandoned?

g) Did you experience any known trauma and /or life threatening event/accident during childhood. Explain

**4. Please provide details about your father:**

a) His chief characteristics- 5 key descriptive words

b) Your relationship with him

c) His relationship with his father

d) Was there ever any time when you were separated from him in the first 10 years of life?

e) Were you a daddy's girl/boy? – describe

f) Did you feel over or under fathered i.e. inundated or abandoned?

**5. When thinking about your parents do you think one or both of your parents should have left the other? If so, whom? (e. your mom should have left your dad or your dad should have left your mom).**

## How to draw your genogram

- On a piece of paper, please draw your genogram similar to the examples included. Your genogram consists of yourself, your siblings, your mother and your father, your maternal and paternal grandparents in the row above with their children (your aunts and uncles) and your great maternal and paternal great-grandparents, one set for each set of grandparents, in the row above that, with your grandparent's brothers and sisters.
- If you have your own children, please draw them into the row below yours.
- Females are shown by a circle and males are shown by a square. If someone has died, please put an "X" in the center of the circle or square.
- The rows of siblings are ordered by age, oldest to youngest, from left to right.
- The lowest row contains you and your siblings, in order of age, from left to right by oldest and youngest
- Females are shown by a circle

### Write a few words next to each person including:

- Name
- Age
- Major illness
- Cause of death if indicated
- Education
- Any other pertinent life circumstances
- Was there any major trauma in the last 3 generations of your family? (i.e. a murder, an aunt or uncle forgotten and institutionalized, abortions, miscarriages).. Please make a note on the genogram form.
- Do you have or feel a special closeness to one of your ancestors? Or a special dislike for an ancestor? Please write next to their name.

## Who belongs to a family system and who needs to be discussed in the genogram?

- You, your parents and grandparents, and also your and your parent's siblings and half-siblings.
- Occasionally, a great grandparent or even a more distant ancestor is included, if their fate was particularly unusual or if any event in their lives had a dramatic effect on the future generations i.e. an entire family wiped out in a genocide etc. Usually only three generations are looked at.
- All those family members who died at childbirth or early on in life.
- Children given up for adoption or "illegitimate" children.
- All those family members that suffered or died or who had an unusual fate (adoption, psychiatric illness, jail sentence, drug addiction, stillborn child, disability, suicide, those who disappeared or were forgotten, unusual fame, death in a war, genocide, prisoner of war, concentration camp etc.).

- Former significant partners of yours, or your parents and grandparents, particularly if they were left and suffered a bad fate. i.e. their life did not go well after the member of your family left them.
- Any people outside the family who lost something or gave something so a family member had an unusual advantage in life.
- A family member who achieved wealth by disadvantaging another person or group of people.
- Those who were victimized or murdered by a family member.
- Aborted, miscarried or disowned children by you, your siblings, parents or grandparents.
- Anyone with a have a serious ill or long-lasting illness.
- Anyone with a physical or mental disability.
- Anyone who committed a crime, including a war crime.
- Anyone who became a missing person.
- Anyone who joined the clergy or enter a monastery.
- Anyone who belongs to secret societies, occult, sect, or fraternal orders where members were either initiate, or were bound by an oath, or were sworn into service of some sort (eg.: masons etc.).
- Anyone who encounters prejudice – being slandered, ignored, disrespected, dishonored, treated with contempt or as an outcast (e.g.: homosexuals or lesbians, disabled persons, alcoholics, criminals, street people, war veterans).
- Anyone complains of being taken advantage of (e.g. with regard to an inheritance).
- Anyone immigrated to another country.
- Anyone who lost their fortune.
- Anyone who did not marry and/or got belittled due to not marrying.
- Anyone who had some sort of a secret.
- Anyone who lived an unusual life.

**Note:**

- Abortions and in some cases miscarriages affect the couple's or parents' relationship, and may or may not have an impact on the other children. Children should not inquire about an abortion or miscarriage, honoring it as part of the dignity and privacy of the parent's relationship. A stillborn child, however, is considered a sibling and children do better to know about it.
- Children should inquire about former partners only if they were a spouse or fiancé. Other kinds of relationships may be known from family "stories" but are a part of the parents' privacy. However, children do better to know about children from any former relationship.
- Children should not inquire about war crimes, but it may be known as part of the family lore.

**Note:**

- If you don't know much about your family of origin, either of your parents, or you were adopted, constellation work can shed light on many of these issues.
- If you were not able to find out many facts, not to worry. The facilitator has the tools to do a constellation with hardly any information at all.

# Examples of Genograms

## BASIC GENOGRAM STRUCTURE

