

Genogram Workbook

How do we discover the power of the past?

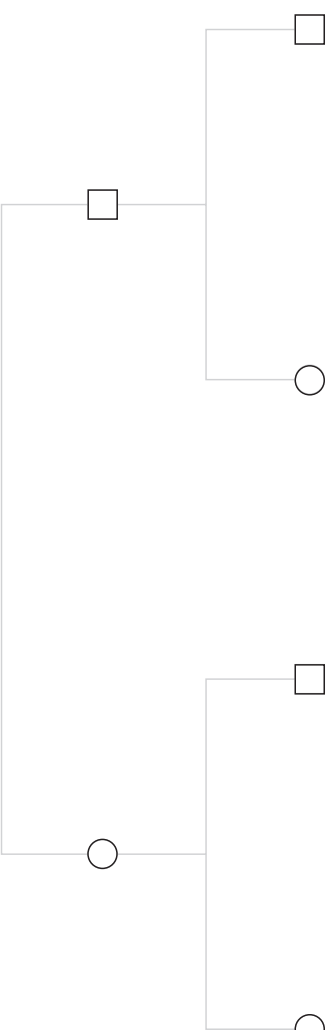
We all inherit ways of living from our family and culture that are out of sync with the way of Jesus. So a key task in our discipleship to Jesus is being re-parented into the family of God. In this workbook, we will discover the power of the past by creating a family genogram. The goal is to reveal key events in your family history and identify generational sins, brokenness, relational patterns, and inherited values.



Family Genogram

Use this family genogram to map your family history. For instruction, visit ccconbell.com/genogram.

☐ 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, Intellectual Disability, Mental Depressive Disorders, Mental Disturbances, Nervous Breakdowns, Respiratory 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?

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)

<div>Trauma</div>	<div>Trauma</div>
<div>Redemptive Moments</div>	<div>Redemptive Moments</div>

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 members.

Exercise 4: Generational Sins & Brokenness I Carry Forward

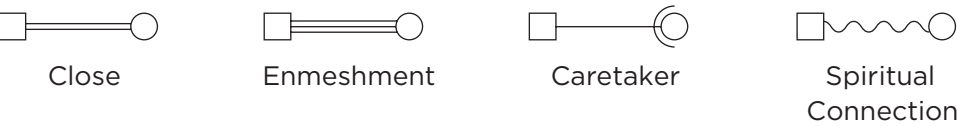
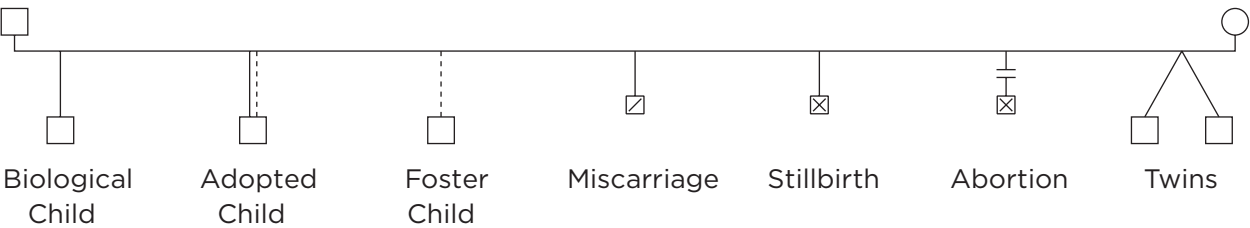
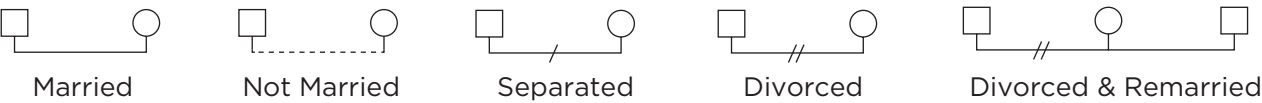
Write down any generational sins and or brokenness that you have inherited from your family.

Exercise 5: 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 6: Attachment Theory

Attachment theory explains how we relate to others based on the care we received early in life. The way we were comforted, protected, or responded to as children shapes how we connect, trust, and handle emotions in adult relationships.

There are four common attachment styles: **secure**, **anxious**, **avoidant**, and **disorganized**. These patterns often show up in friendships, family life, romantic relationships, and even our view of God.

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

- ☐ **Secure Attachment:** Emotionally steady and open to connection. Comfortable with both closeness and independence. Trusts that others will be reliable and that needs will be met without having to fight for them.
- ☐ **Anxious Attachment:** Emotionally anxious and often preoccupied with relationships. Desires closeness but fears abandonment. Struggles to feel secure and tends to believe that needs won't be met unless constantly pursued.
- ☐ **Avoidant Attachment:** Emotionally distant and self-reliant. Avoids closeness and tends to shut down when things get emotional. Subconsciously assumes that needs will not be met, so it feels safer to depend only on oneself.
- ☐ **Disorganized Attachment:** Emotionally conflicted and unpredictable. Desires connection but also fears it. Often shaped by relational trauma or inconsistency. Lacks a clear or consistent way to get needs met.

Exercise 7: Evil for Good

Read the story of Joseph from the end of Genesis. Meditate on Genesis 50v19-21. What evil things in your life and family history has God used for good? And how?

Exercise 8: Narrative Scripts

Narrative scripts are the internal messages we carry—often shaped by our family of origin or significant life events—that influence how we see ourselves, others, and the world. These messages can come from things spoken to us, about us, or from how we’ve interpreted our experiences over time. While many of these scripts operate beneath the surface, they play a powerful role in shaping our behavior, relationships, and identity.

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

<p>Messages <i>received</i> about life from Father (Caretaker):</p> <p>Ex: Failure is not an option. Life is hard, but good.</p>	<p>Messages <i>received</i> about life from Mother (Caretaker):</p> <p>Ex: Money is happiness. You are special.</p>
<p>Messages I <i>received</i> from key events:</p> <p>Ex: You are on your own. No one is safe.</p>	
<p>Messages I still <i>believe</i> (beliefs that may or may not be true):</p>	

Exercise 9: Start, Stop & Continue

A key task in our discipleship to Jesus is to identify the patterns that we inherited from our family of origin, but then to decide which patterns we need to stop, start, and/or continue.

Stop

Write out any patterns, scripts, traditions, and values from your family of origin that you want to break.

Start

Write out any patterns, scripts, traditions, and values that you want to start with your generation. It might be a simple script like, "The family that plays together, stays together." Or a fun tradition like always cutting down a Christmas tree the day after Thanksgiving. Or it might be a value for community or generosity or the practice of Sabbath. Anything goes here. Dream a little. Then see those dreams become reality.

Continue

Write out any patterns, scripts, traditions, and values from your family of origin that you want to carry forward to the next generation - your children, or just children you are in relationship with through family, community, church, etc.

“Search me, God,
and know my heart;
test me and know
my anxious thoughts.
See if there is any
offensive way in me,
and lead me in the way
everlasting.”

Psalm 139:23-24