

Genogram Guided Reflection

Map your family system across generations and identify the patterns, strengths, and ruptures that shape who you are.

Name: _____ Date: _____ Clinician: _____

What is a genogram? A genogram is a visual map of your family system across generations — showing relationships, patterns, and significant events. This guided reflection walks you through creating a simple genogram and identifying the patterns that may be influencing you today.

YOUR GENOGRAM SPACE

Key: ■ = Male ■ = Female ■ = Non-binary / unknown gender = = Partnered / married // = Separated / divorced X = Deceased

Draw your family map here — at least 3 generations if possible. Include names, ages, significant relationships, and major events.

PATTERNS & REFLECTIONS

Patterns I notice repeating across generations (e.g. addiction, mental illness, divorce, roles):

Significant events or ruptures in my family system:

Genogram

Guided Reflection

Map your family system across generations and identify the patterns, strengths, and ruptures that shape who you are.

Strengths or resilience factors I see in my family history:

A pattern I am consciously choosing to change in my generation:
