

Intergenerational Patterns Identifier

Trace inherited family patterns across generations — and interrupt them with awareness, intention, and deliberate change.

Name: _____ Date: _____ Clinician: _____

Purpose: Patterns are passed down through families not because people are bad, but because people repeat what they know — and what they know is what they lived. This worksheet helps you trace specific patterns across generations and interrupt them with awareness and intention.

IDENTIFYING MY INHERITED PATTERNS

Relationship patterns (how conflict is handled, how love is expressed)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

Emotional patterns (what emotions are allowed, how feelings are managed)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

Parenting patterns (discipline, warmth, expectations, roles)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

Coping patterns (substance use, avoidance, overwork, control)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

Communication patterns (silence, enmeshment, criticism, honesty)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

Mental health patterns (depression, anxiety, trauma, undiagnosed conditions)

I saw this in my grandparents: _____ In my parents: _____ In myself: _____

BREAKING THE PATTERN

The pattern I most want to interrupt in my generation:

What I understand about why this pattern developed:

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What I am actively doing differently:

The legacy I want to pass forward instead:
