



Redemption Church Genogram Workbook

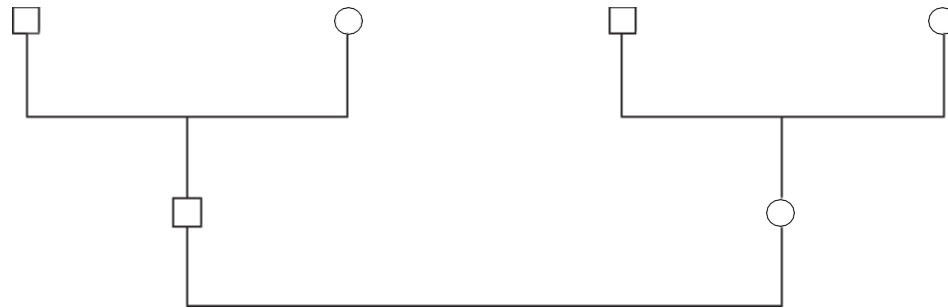
How does our past shape who we are?

As we are taking time over the next few months to practice becoming like Jesus it's important to know our pasts. Who we are today is directly shaped by our past, for many of us the most influential piece of our past is our family of origin. Often, some of the pieces that we have taken on do not align with the way of Jesus. In order to become more like Jesus we will be reviewing key events in family history, identifying generational sin and brokenness, discovering family patterns, and evaluating inherited values. This workbook is meant to guide each of us through where we have been, where we are now, and who we want to be. As we explore our pasts to find healing and become more like Jesus, we may find that along the way there are some uncomfortable or distressing feelings. That's okay. We've put together some additional resources that include coping skills and a list of local Christian counselors and therapists, as well as a sample Genogram, relevant reading, and a digital copy of this workbook. You can find all of that at redemptionchurchga.com/mcguides under "Additional Spring Resources".

Family Genogram

Use this family genogram to map your family history. You can check out a sample genogram online at redemptionchurchga.com/mcguides.

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 are present in your family of origin (Arthritis, Anxiety Cancer, Heart Conditions, Diabetes, Depression, Fibromyalgia, Intellectual Disabilities, Mental Disorders, Repertory Troubles, Skin Issues, Ulcers)?
2. List non-Christian religions or societies 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. What role(s) 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? Were you raised in 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?

Week 1

Exercise 1: Key Events

List a few 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)

Trauma	Trauma
Redemptive Moments	Redemptive Moments

Exercise 2: Generational Sin

Write a list of any generational sin that you recognize in your family. The goal of this exercise is to consider different patterns that you are able to identify in your family of origin. Some examples might include alcoholism, adultery, abuse, poor stewardship of finances, emotional unavailability, pride, fits of rage, unforgiveness 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. Some examples might include premature death, disease, infertility, miscarriage, addiction, mental illness, poverty, etc. Consider adding these events to your genogram next to the identified family members.

Exercise 4: Generational Sin & Brokenness I Carry Forward

Write down any generational sin and/or brokenness that you have seen in your own life from your family of origin.

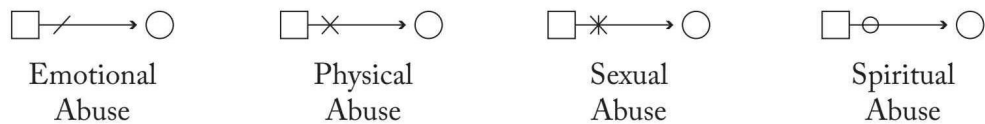
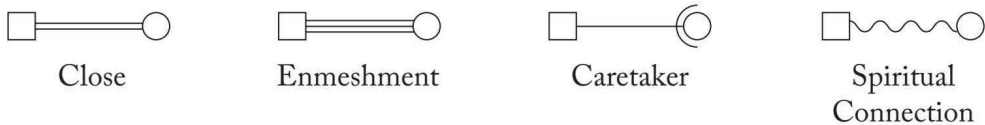
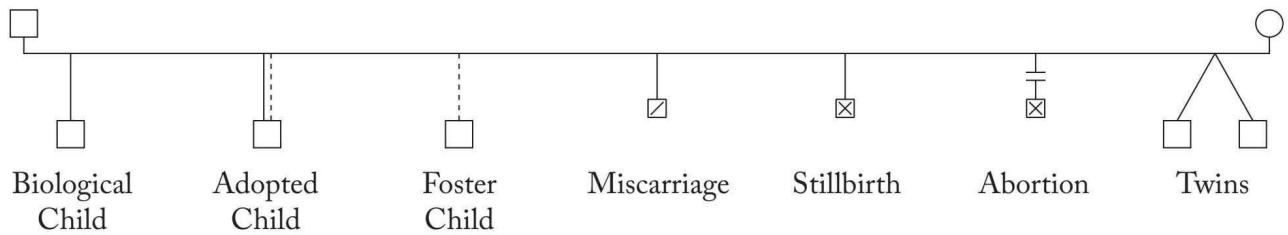
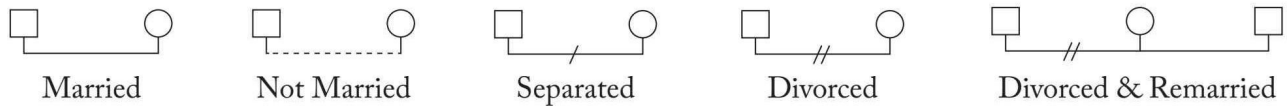
Week 2

Exercise 1: 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 2: Attachment Theory

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

- Secure Attachment:** Emotionally secure and happy with a freedom to explore. Generally believes that needs will be met.
- Anxious Attachment:** Emotionally anxious, insecure, and angry. Generally cannot rely on needs being met.
- Avoidant Attachment:** Emotionally distant and reluctant to explore. Subconsciously believes needs will probably not be met.
- Disorganized Attachment:** Emotionally depressed, angry, and non-responsive. Generally confused, with no strategy of how to get needs met.

Exercise 3: Evil For Good

What evil things in your life and family history has God used for good? And how?

Week 3

Narrative Scripts

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

Messages received about life from Father (Caretaker):	Messages received about life from Mother (Caretaker):
Messages I received from key events:	
Cumulative messages I believe (beliefs that may or may not be true):	

Week 4

List the relational patterns, scripts, traditions, values, and blessings in your life you want to stop, start, and continue. This is an opportunity to reflect on the things that your family has given to you, consider if you'd like to continue in them, and then to take them to the Father. After listing each, take time to be with the Father in prayer; thanking Him for the positive ways your family has shaped you and lamenting with Him in the places that you've been hurt.

Stop

Start

Continue

Week 5

Choose a key memory from your past to evaluate. Take some time to identify the emotions this memory evokes and find an interpretation that you have come to believe. Finally, identify the truth to the memory. Do this exercise a few times, choosing a different key memory each time. After spending time with your memories, spend some time in prayer about the memories, asking the Spirit to counsel and to guide you into all truth.

Memory

Emotion

Interpretation

Truth