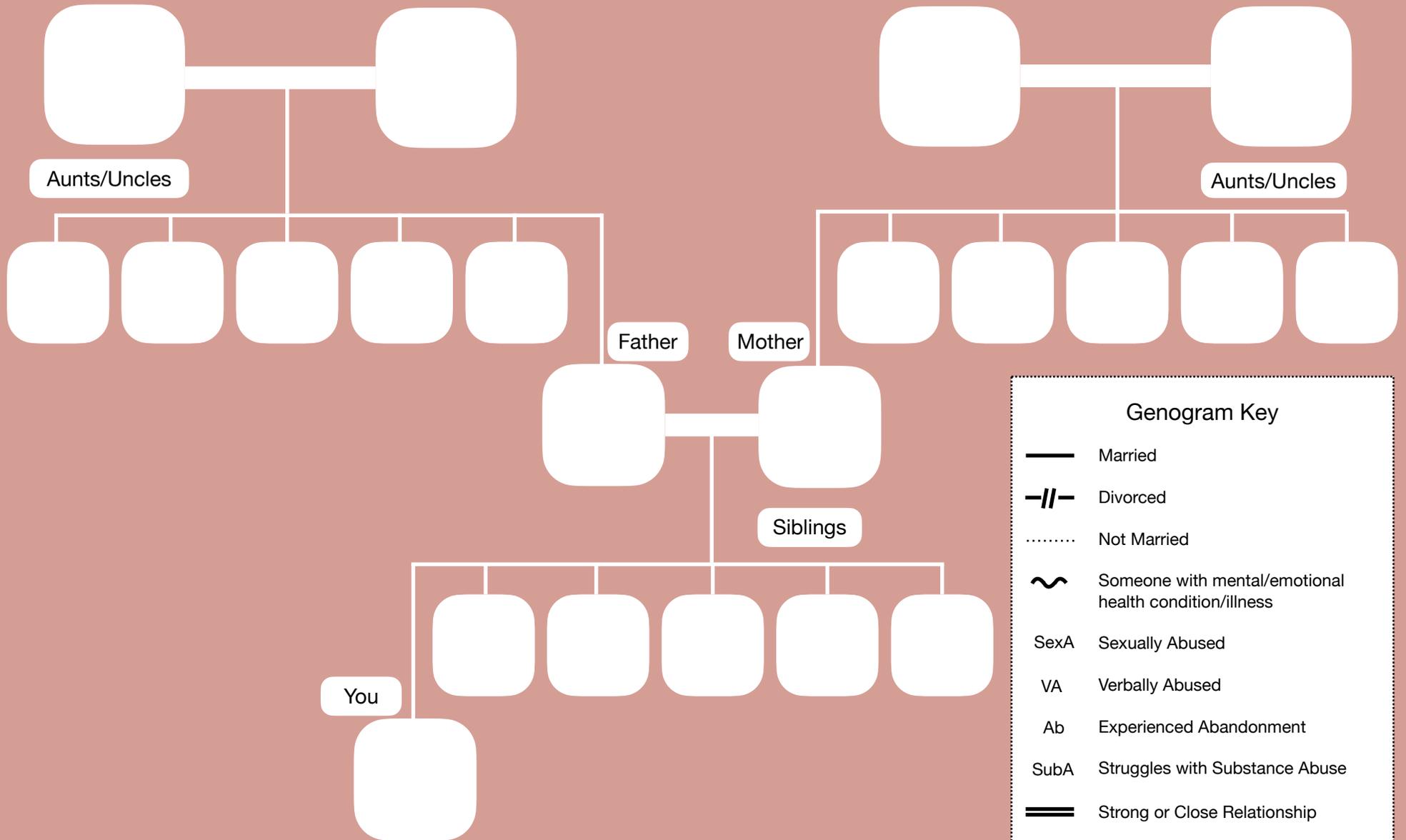


Paternal Grandparents

Maternal Grandparents



Genogram Key

- Married
- Divorced
- Not Married
- Someone with mental/emotional health condition/illness
- SexA Sexually Abused
- VA Verbally Abused
- Ab Experienced Abandonment
- SubA Struggles with Substance Abuse
- Strong or Close Relationship
- One-sided/Dominant Relationship

- **Tool: Genogram**

While your story with your Dad is extremely important, it is not a story you have experienced in a vacuum. It is a profoundly impactful relationship that is a part of a bigger family story that has shaped you. In addition to your Dad, your family patterns and family history have had a profound impact on you too. For most, it is something that goes completely unexamined.

Understanding your story in the context of your family history is an important part of the healing journey you are now on. So we are also going to begin taking steps to see the impact of generational momentum in your story. One very helpful tool for that is a genogram...a diagram of family relationships, themes, struggles, etc.

Start with filling in your family tree as best you can. Don't worry if there are gaps...it will not stop you from getting what you need from God here. Once you have filled out the family tree as best you can, use the key to add what you know about relationships and individuals. Then make some observations and begin writing down what you see or questions you may have. Here are a few general questions to help you get started:

- **Do you see any behavior or emotional patterns?**
- **What is the relational legacy of your family?**
- **What role, if any, has spirituality played in your family story?**
- **What were the unspoken rules of your family?**
 - **How did your family deal with conflict? Anger? Money? Work? Sex? Emotions?**
 - **What were some unspoken expectations?**
- **Can you see "baggage" that you never knew you were carrying?**

Finally, come back to desire:

- **Just like we discussed with your Dad, we all needed things from our family too. Are you beginning to see things that you needed and never got from your family?**
- **What would it be like to find healing and freedom from the bonds of generational momentum?**
- **What would it be like to be initiated into intimate sonship/daughterhood with God and begin receiving from him what you have needed and never gotten?**

That is not an easy question. But, again, it is important to try to name the desires that are being awakened. Knowing the "sacred gap" is an important step in understanding the invitation for healing Jesus has for you.