## Intro Practice: Build A Family Genogram

Over the next few weeks, we'll be building a map of the spiritual, emotional, and relational landscapes that have shaped us into the persons that we are today. This work can be confronting and difficult, but the fruits of it are worth the journey. As we seek to discover how we've been formed, we'll be echoing the prayer of St. Augustine:

*"Grant, Lord, that I may know myself, that I may know thee."*

A genogram is a family tree that displays the type of relationships that exist within a person's family of origin. Whereas medical professionals and psychiatrist may use this tool to further understand a family's medical history or generational trauma, we'll be using it to discover our family's role in our spiritual formation.

**Step 1:**

- List all family members
  - Begin with both sets of grandparents
  - Then list their children, underlining your parents
  - Then list your siblings & cousins
  - Add your children (don't worry about adding all of their cousins at this point)

**Step 2:**

- Use the list you created to make your genogram
  - Place all males in boxes and all females on circles
  - Draw a line connecting all family members

*Example:*