

Appendix 3: Genogram Resources

Questions Group Members can ask each other. (Print this page for your group or email them a digital copy.)

Genogram questions that might be helpful:

- What themes or questions did you look at in your genogram?
- What patterns do you see?
- What strengths do you see in your family?
- What strengths did you develop out of necessity or was learned?
- Is there anything that surprised you?
- Are there any forgotten people?
- Share two to three adjectives describing key members of your family (angry, joyful, sad, anxious, frustrated, born out of wedlock, grief-ridden, motivated, silly, envious, numb, mental illness, etc.).
- Tell us who had/has the most power in your family. Who had the least? How was power managed?
- What role did someone play in the family. (example roles: scapegoat, victim, fixer, favorite, secret keeper, problem solver, baby, screw-up, peacemaker, clown, loser)
- Are there any assumptions you have about life that you'd like to explore or challenge? (i.e., What does your family believe that may not be so?)
- Is there anyone in your family who "broke the family rules"? What happened to them and how do you see them?
- Is there anything you haven't shared that you'd like to before we finish?