

Family Mapping: Genograms

Key Symbols and Lines

SYMBOLS

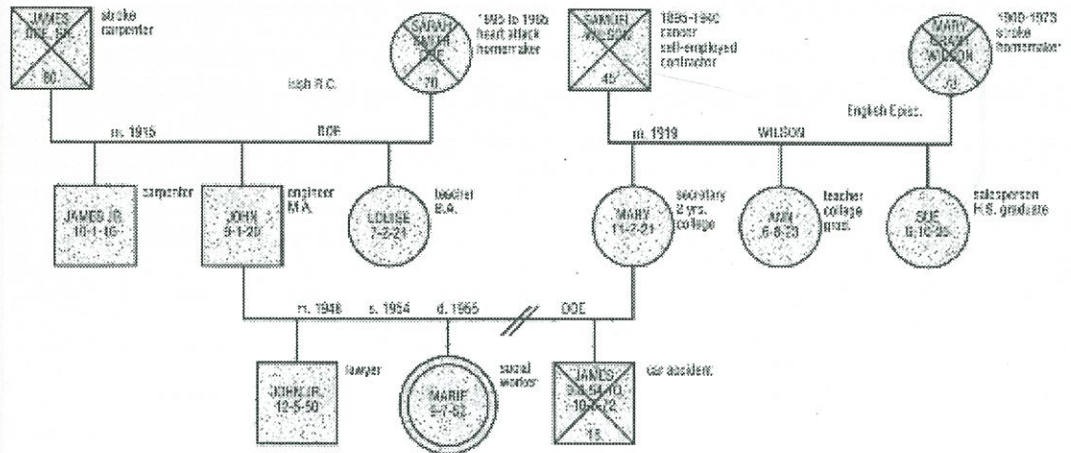
	Male
	Female
	Couple connected by marital line
	Index symbol (person doing genogram)
	Deceased male and female
	Children of married couple
	Current pregnancy
	Miscarriage, abortion
	Twins (female)
	Adopted child
	Foster child

LINES

	Married couple
	Separated couple
	Divorced couple
	Unmarried couple

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Family Genogram Example

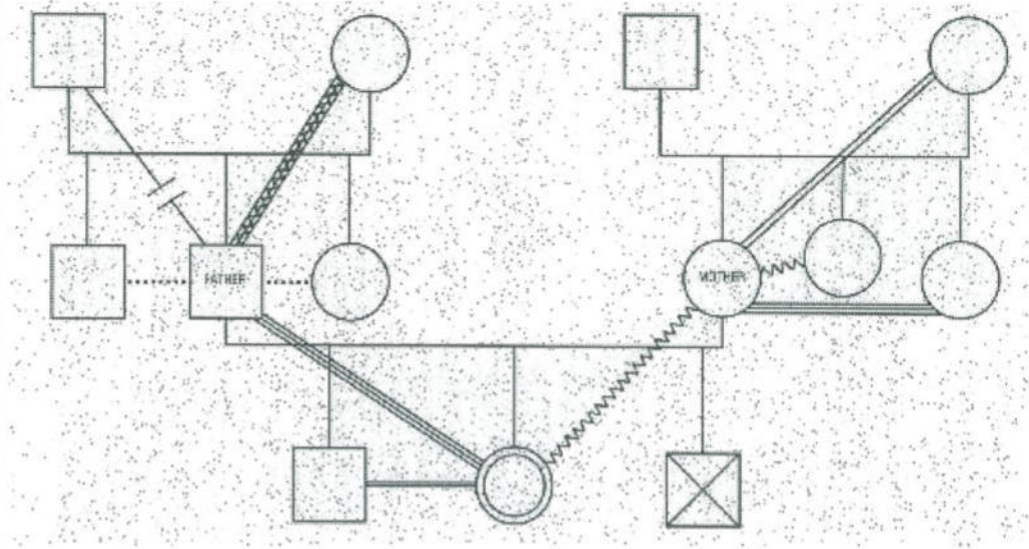


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Genograms: Key Connections

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-  *Conflict.* The parties do not get along well. They are uncomfortable with each other, and there is tension (high or low) and nonverbal or open disagreement most of the time.
 -  *Close.* Two people are caring, supportive, and loving to each other.
 -  *Very Close.* Two people have a "special" relationship characterized by overinvolvement (enmeshment). They are very dependent upon each other, and neither has a clear, separate identity; they are not emotionally separate from each other.
 -  *Distant.* Emotional distance is evidenced by people who go out of their way to avoid or ignore each other. An indifferent attitude prevails.
 -  *Cutoff.* A definite breach has occurred, and two people are estranged from each other. There is unresolved emotional attachment denied by separation, withdrawal, running away, isolation, or refuting the still intense connection. There may be no contact, but there is still a very strong tie to a person.

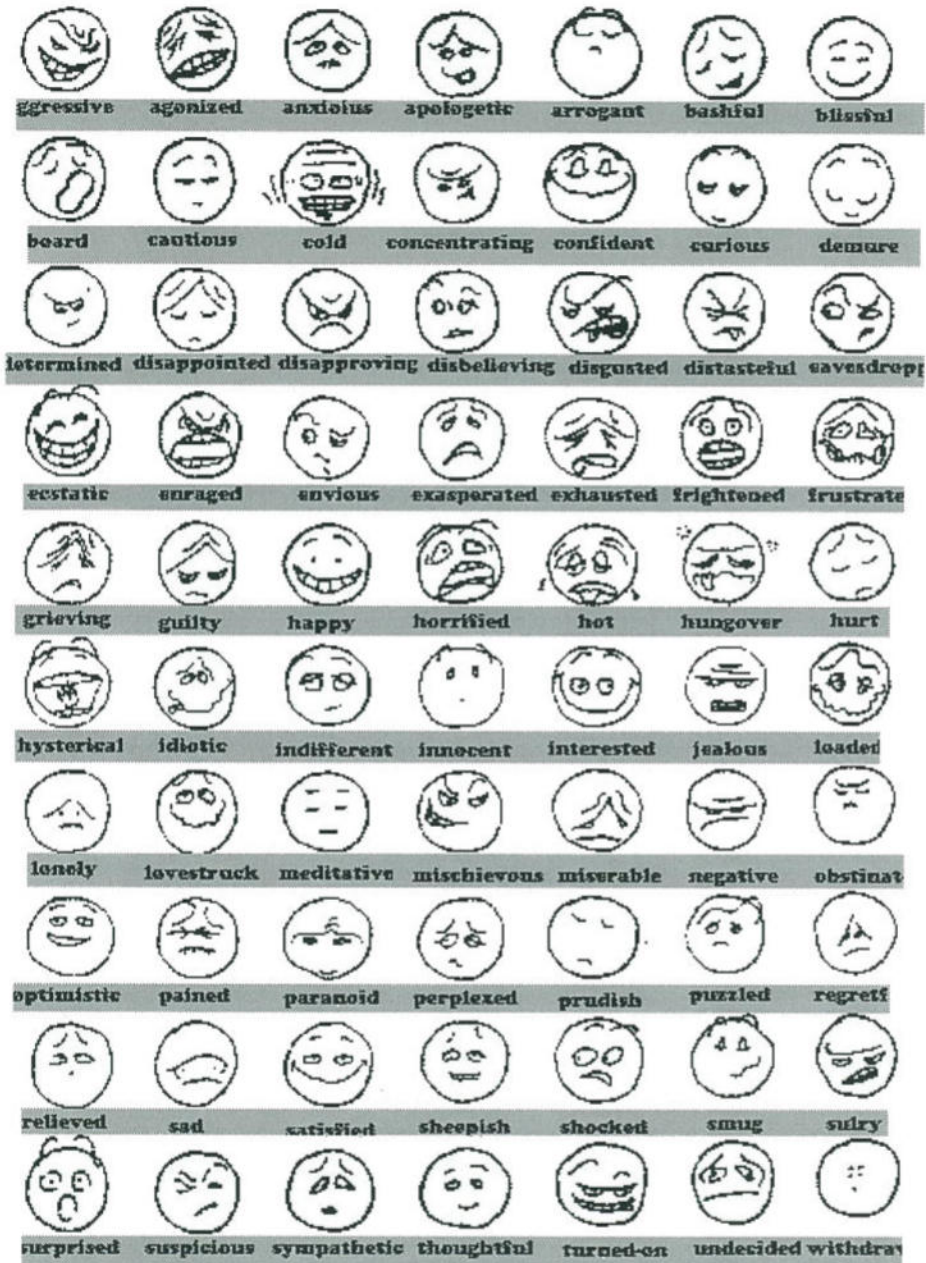
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 SAD	 BORED	 FRUSTRATED	 EXCITED	 SLEEPY	 SHY	 SILLY
 ANGRY	RELIEVED BELONG UNHAPPY DIFFERENT IGNORED TORN UP ON HOLD TRAPPED WORRIED FED UP PULLED APART STUCK NERVOUS SCARED CROWDED OUT Here are some words and faces to help describe how you feel about your parents not living together. Print up the page and circle those that best describe how you feel. You may want to share your "feelings" page with your parents or a friend.					 SURPRISED
 AFRAID						 DEPRESSED
 CONFUSED						 OVER-WHELMED
 ASHAMED						 JEALOUS
 GUILTY	 CRYING	 HURT	 LOVE	 CALM	 LONELY	 LOST

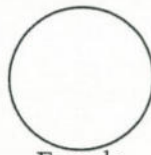
How Do You Feel Today?



Genogram Symbol Chart



Male



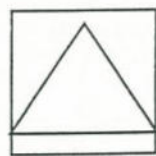
Female



Death - Murder



Adopted Girl



Adopted Boy



Death - suicide



Death

H Homosexuality

D Drugs

Marriage or biological connection

\$ Gambling

P Promiscuous

Close Relationship

Enmeshed Relationship

A Alcoholism

M Mental Illness

Difficult or Hostile

Ab Abortion

G Gang involvement

Abuse - arrow towards abused

Divorce

Po Pornography

C Criminal/Jail

Cohabitation