



*Nur Ambreen Ihsanullah*  
**SOUL TO SOUL COUNSELLING**

# **Family Constellations & The Genogram**

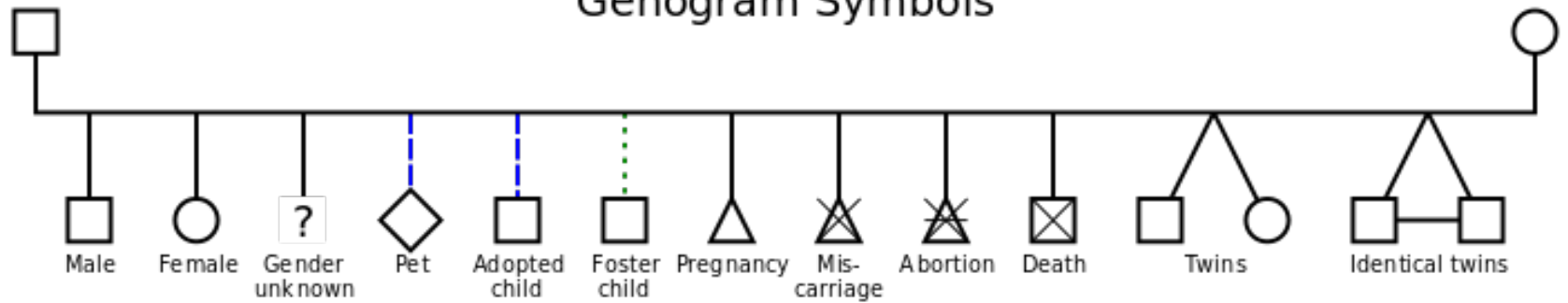


## Basic Genogram Symbols

			1970 — 	1970 — 
Index Person	Male	Female	Birth and Age - Male	Birth and Age - Female
				1938 — 2005 
Deceased - Male	Deceased - Female	Age at Death - Male	Age at Death - Female	Birth, Death and Age - Male
1938 — 2005 				
Birth, Death and Age - Female	Gay	Lesbian	Bisexual 1	Bisexual 2
Transgender - Male to Female	Transgender - Female to Male	Institution	Pet	Pregnancy
Miscarriage	Abortion	Male Stillbirth	Female Stillbirth	
41 — 	41 — 	41 — 	41 — 	
Lived in More Than 2 Cultures - Male	Lived in More Than 2 Cultures - Female	Immigration - Male	Immigration - Female	

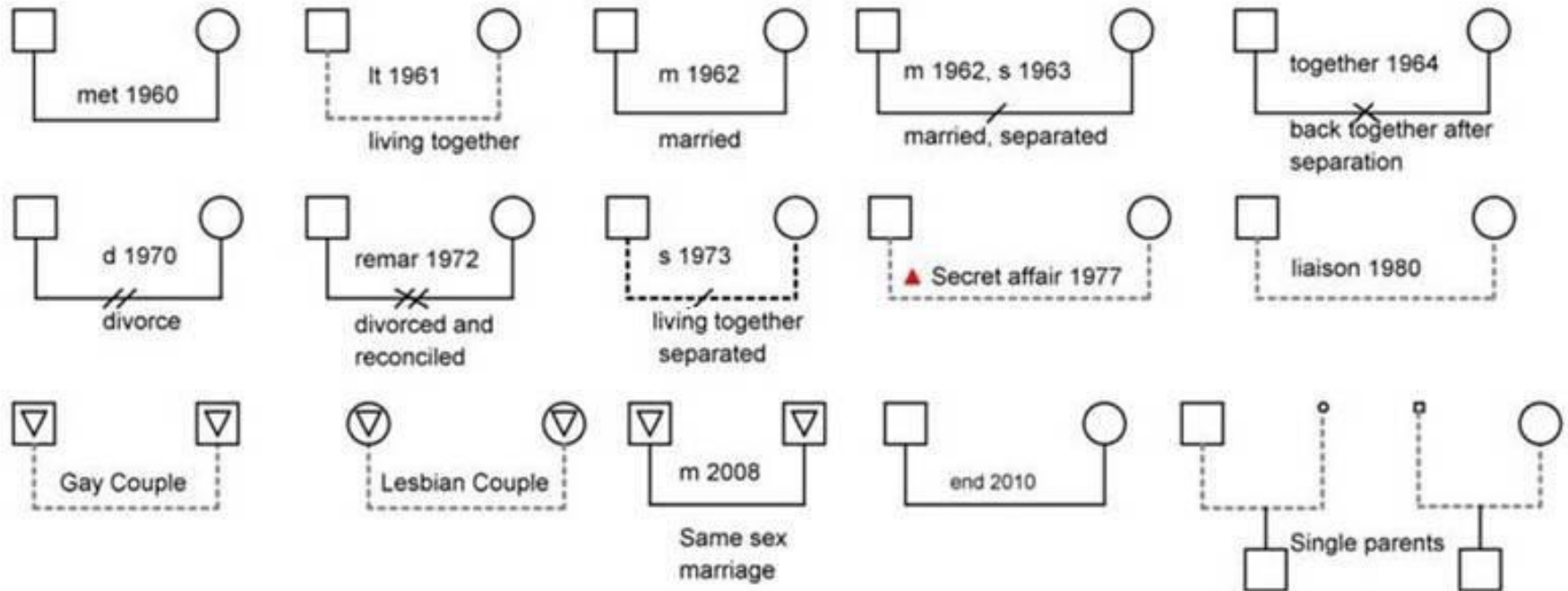


## Genogram Symbols





## Couple Relationships

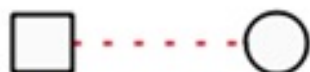




## Emotional Genogram Symbols



Harmony



Indifferent/Apathetic



Love



In Love



Close/Friendship



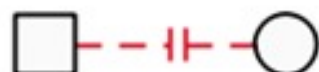
Very Close/Best Friend



Discord/Conflict



Hate



Cutoff/Estranged



Hostile



Distant Hostile



Close Hostile



Fused Hostile



Violence



Abuse



Physical Abuse



Emotional Abuse



Sextual Abuse



Neglect (Abuse)



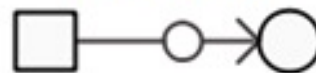
Manipulative



Controlling








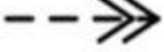



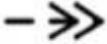





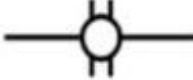

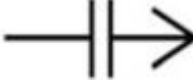
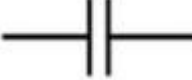


Focused on



Fan/Admire



## Interpersonal Relationship Lines

	Positive		Hostile-Directed
	Close		Caretaker
	Distant		Administrative Caretaker
	Close-Hostile		Caretaker (Part Time)
	Focused On		Administrative Caretaker (Part Time)
	Sexual Abuse		Spiritual Connection
	Fused		Emotional Abuse
	Hostile		Cutoff-Repaired
	Fused-Hostile		Cutoff Directed
	Cutoff		Focused On Negatively
	Physical Abuse		



## Displayable Attributes

### Alcohol Abuse



Suspected



Confirmed



In Recovery

### Substance Abuse



Suspected



Confirmed



In Recovery



Severe psychological problems



Severe Physical Problems



Disappeared



Immigrated



Lived in two cultures



Smoker



Obese



Language difficulty



Incarcerated

## black and white, old style

### Alcohol Abuse



Suspected



Confirmed



In Recovery

### Substance Abuse



Suspected



Confirmed



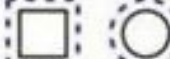
In Recovery



Severe Psychological Problems



Severe Physical Problems



Disappeared



# Who Do We Consider The Excluded Ones?

- The ones that were forgotten
- The ones that were not taken into account, such as your parent's or grandparent's previous partners
- Those who become part of your family as a result of an event that bound them together
- Those who were not grieved:
  - Abortions or miscarriages
  - Early deaths (small and young children)
  - Parents or tutors that die when the children are young
- When the ones that die are idealized or despised
- When guilt or anger over someone else's death lingers
- Children that are alive or that were aborted from previous partners or from parallel or extramarital relationships
- Mothers or fathers of those secret children



# Continued...



- Victims and perpetrators
- People who benefited the family somehow
- Those that are criticized, judged, despised, devalued and those that were thought of as a burden for the family or that the family wanted to break free from.
- The ones that were discarded, disowned because they did not follow the family's expectations or standards
- Previous partners or partners who died, separations or break ups where one or both were not able to move on
- Not just people, but also events that were rejected that sometimes involve various people from the family or outside of the family
- Events and situations from our own life that we would prefer not to have gone through, that we regret or we feel we don't deserve
- Personal and family secrets
- Parts of oneself: body parts, personality traits that we reject or repress, judge or deprecate
- Feelings we refuse to accept or believe are unacceptable and disowned, ignored, suppressed
- Our shadow parts or aspects which we disown or ignore

# Instructions



**1. From the time that the Genogram is first introduced to you, please start tracking any thoughts, feelings, memories, events, dreams, synchronicities, or even physical sensations which you experience, especially in relation to your family and ancestral lineage.**

- Also notice and track any hesitation, reluctance or delays in starting the Genogram.
- Life is happening through you with every breath. You are living in the “field”. As your awareness grows, your family soul will start to communicate through your intuition more clearly and consistently to support your efforts as the healer in your lineage.

**2. The Genogram in Family Constellations is created in a meditative state. Sit and ground yourself and take three cleansing breaths. Call your mother on your left shoulder by name and your maternal grandparents, her parents. On your right shoulder call your father and his parents, your paternal grandparents by names you know. Your family soul will come to support you in this endeavour as you are the healer for your family.**

**3. The genogram is drawn by you, by hand, in pencil. It is a fluid, dynamic document and therefore you never want to put anything in ink. You will continue to do processes and healing with your Genogram as issues come up for healing. Make changes as you go.**

- Whatever comes out of your hand through the pencil must be left as is – this means no erasing or use of rulers or any other object to try and make the drawing uniform.

**\*\* Whatever you may consider mistakes or omissions or any slip of the hand that you are tempted to correct, must be left as is because your family soul is talking through these apparent mistakes. \*\***

# Instructions



## 4. When you are ready to draw your ancestral genogram please assemble:

- Large sheet of paper (at least 8"x 11") a \*pencil , \*coloured pencils
- Fold the paper in half and unfold to create a demarcation for the two sides of the family.
- Using the two symbol sheets, start with your grandparents and draw your paternal grandparents on the left side and maternal grandparents on the right of the paper using the symbols for male and female from your template.
- Draw the line between them for marriage or common law or any of the other relationship lines that are applicable.
- From the line that joins them together draw vertical lines down and draw their children using applicable symbols from the template ( including your mother and father among their respective siblings in order of birth ) starting with the oldest on the left, working toward the right hand side.
- Family tree style, begin with your grandparents generation, below them draw your parents relationship as the second generation and all of their children ,including yourself, which is the third generation.
- Draw in the relationship lines( use coloured pencils here as you like— create a legend for reference) between all the people, including yourself, and if you don't know names dates etc simply follow your gut or ideas that come to you— your ancestors may well be providing flashes of insight intuitively or your deeper soul guidance may provide sparks of insight.
- At the symbol for yourself only, draw up to five significant romantic/ intimate relationships in your life over the years. Draw these lines to the left of your symbol beginning with the first one and subsequent relationships in lines below chronologically
- Draw your children with vertical lines from the applicable relationship line and don't forget to include abortions, miscarriages, stillbirths where they may have occurred in sequential order.

# Instructions



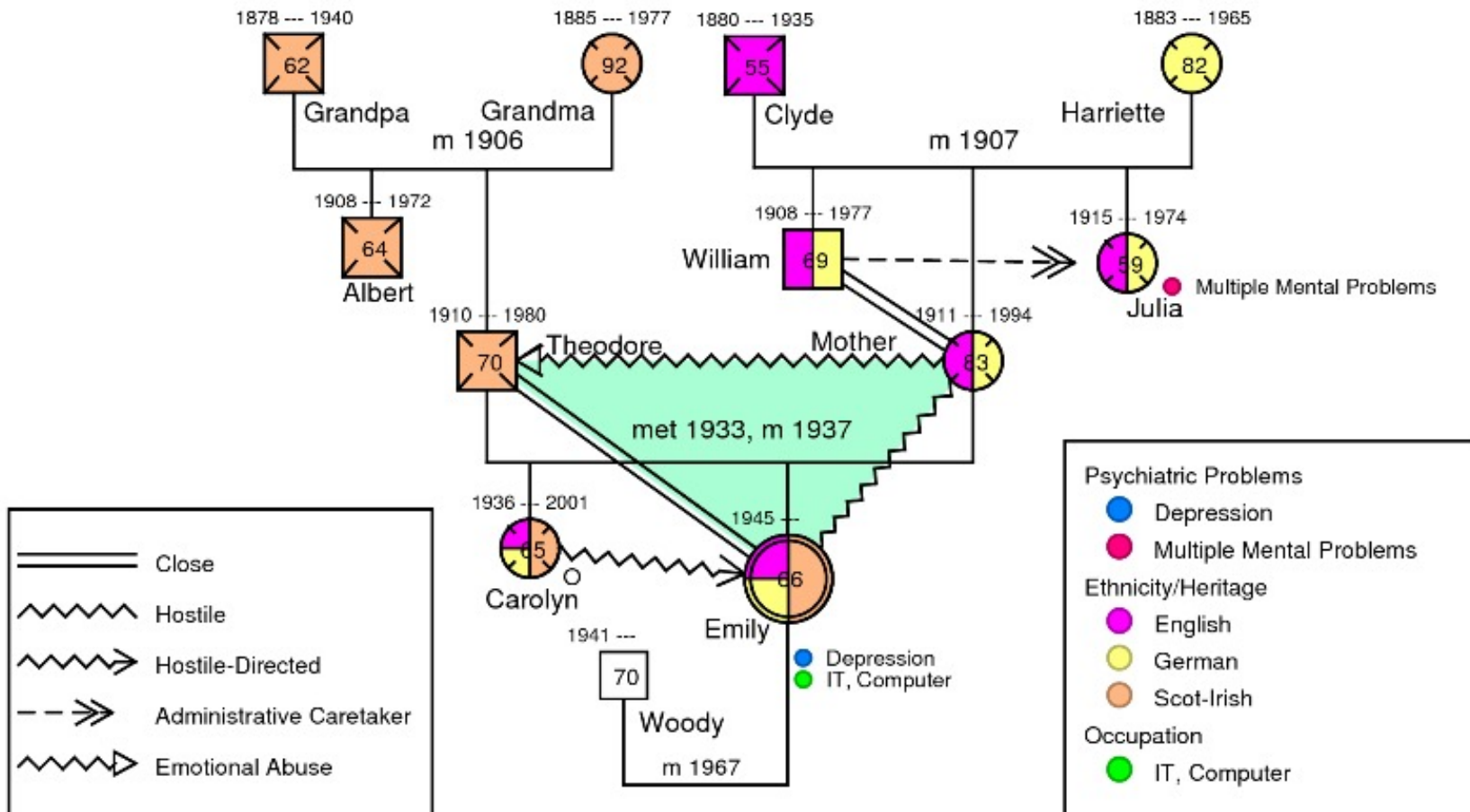
**5. For each person in your family with whom you have had a relationship whether positive or negative, focus on the person one at a time and write three adjectives to describe your relationship with that person beside their symbol.**

**6. Once you have completed your genogram, take a look at the picture you have created and write down all the patterns, anomalies, and interesting insights which reveal themselves to you.**

# Example



## Emily





# Example of Genogram – Heritage

