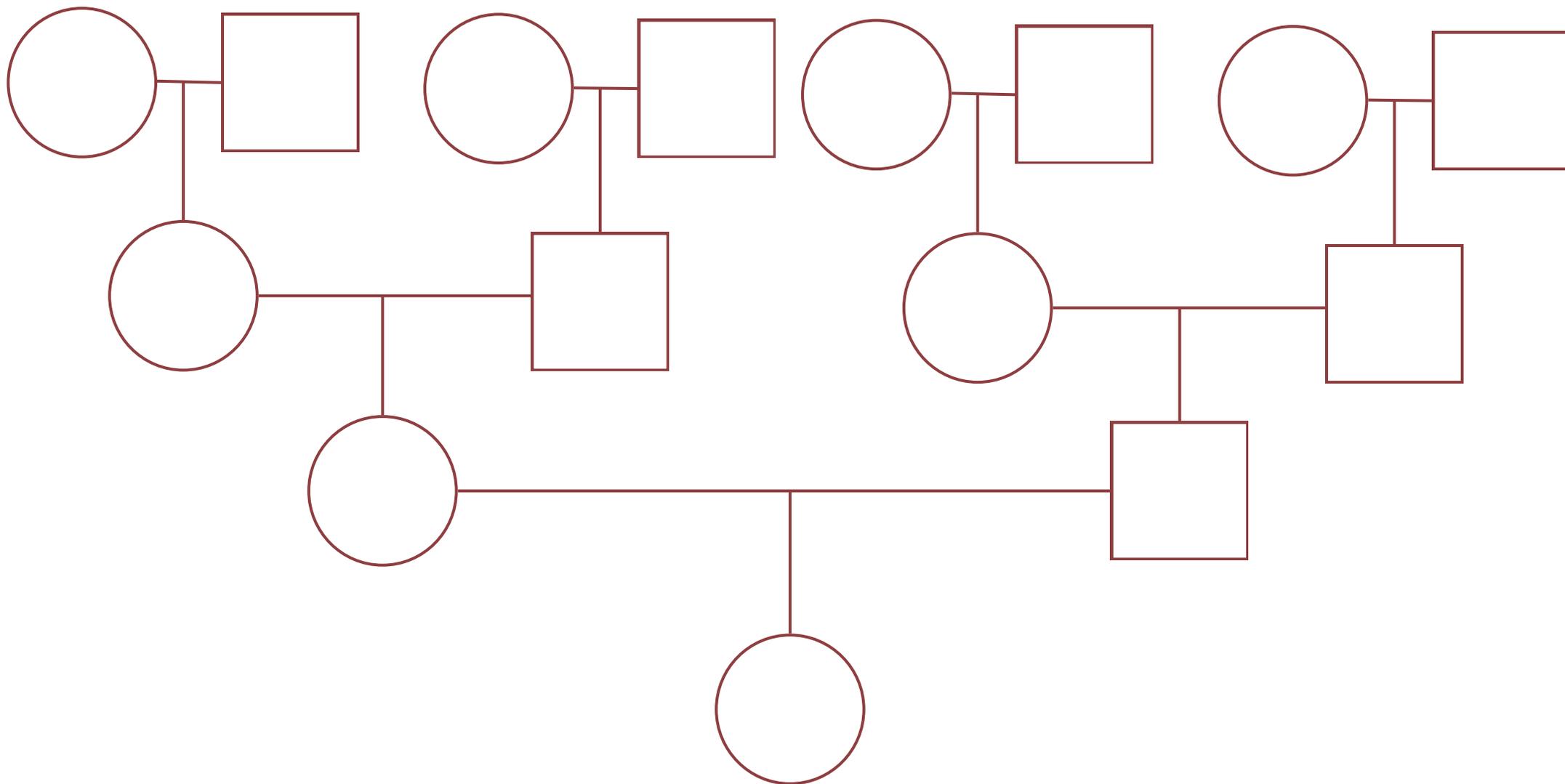


Simple genogram

armonia



General questions

- What do I know about my parents' birthplace and childhood?
- What do I know about my grandparents – their stories, occupations and major difficulties?
- Have there been losses of children, miscarriages or early deaths in my family?
- Who emigrated or had to move far away from home? Why?
- Have there been divorces, separations, broken relationships or “relatives no one talks to”?
- What patterns of illness repeat in my family (heart, cancer, addictions, etc.)?
- What kinds of couple relationships repeat (conflict, betrayal, loneliness, sacrifice)?
- What are the big secrets or topics that “no one talks about”?
- What messages did I receive in my family about money, success and work?
- What are my family's resources: talents, faith, resilience, the ability to start over?

Couple relationship questions

- Couple relationship questions
- In my family, who has had difficult or painful romantic relationships?
- Have there been sudden breakups, divorces or relationships that ended completely? Who?
- Has there been someone who never got married or chose to remain single?
- What stories have I heard about infidelity or betrayal in relationships?
- In my family, what explicit or implicit messages did I receive about relationships?
- Is there someone who left a relationship or the family without explanation, as if they disappeared? Who?
- What kind of relationship did my parents have with each other?
- Do I notice a pattern of physical, verbal or emotional violence in my family's couple relationships? Where?
- Who, in my family tree, had a love relationship that was not accepted or was forbidden?
- When I look at these stories, what do I feel I am repeating in my relationships today?

Money, work, abundance questions

- In my family, who has experienced extreme poverty or major lack?
- Have there been bankruptcies, business failures or losses of property or houses? Where, and for whom?
- Who had to go abroad or far from home to work for money? Why?
- What messages did I hear in childhood about money?
- In my family, who was seen as “the one who supports everyone” or “the pillar of the house”?
- Is there someone who became financially successful but was judged or rejected for it?
- Have there been conflicts or breaks in relationships because of inheritance, money or land?
- How did my parents talk about their work – with joy, with exhaustion, with frustration, with resignation?
- When I think about money and abundance, what is the first automatic sentence that comes to my mind?
- Looking at these answers, what pattern do I feel I am repeating in my relationship with work and money?

Health and body questions

- What illnesses or health issues repeat in my family (e.g. heart, diabetes, cancer, depression)?
- Who in my family tree died young or “far too early”? At what age and from what cause?
- Are there addictions (alcohol, tobacco, drugs, food, work) that show up in several family members? Where?
- What kinds of accidents or unexpected events have marked the family (e.g. car accidents, falls, fires)?
- How did my parents talk about the body – with care, criticism, shame, indifference?
- Was there someone in the family with disabilities or chronic health problems? How was this person seen?
- What attitude toward rest and self-care have I inherited?
- In my family, did people go to the doctor easily, or only “when it was really bad”?
- Do I notice in myself a pattern of exhaustion, overworking, ignoring my body’s signals? How does this connect with what I see in my family?
- If I looked at my body as a “messenger of the family tree”, what do I feel it is trying to tell me through my symptoms?