

Date:

PREPARATION

EXERCISE 4

Tap in a favorite art/music collection.

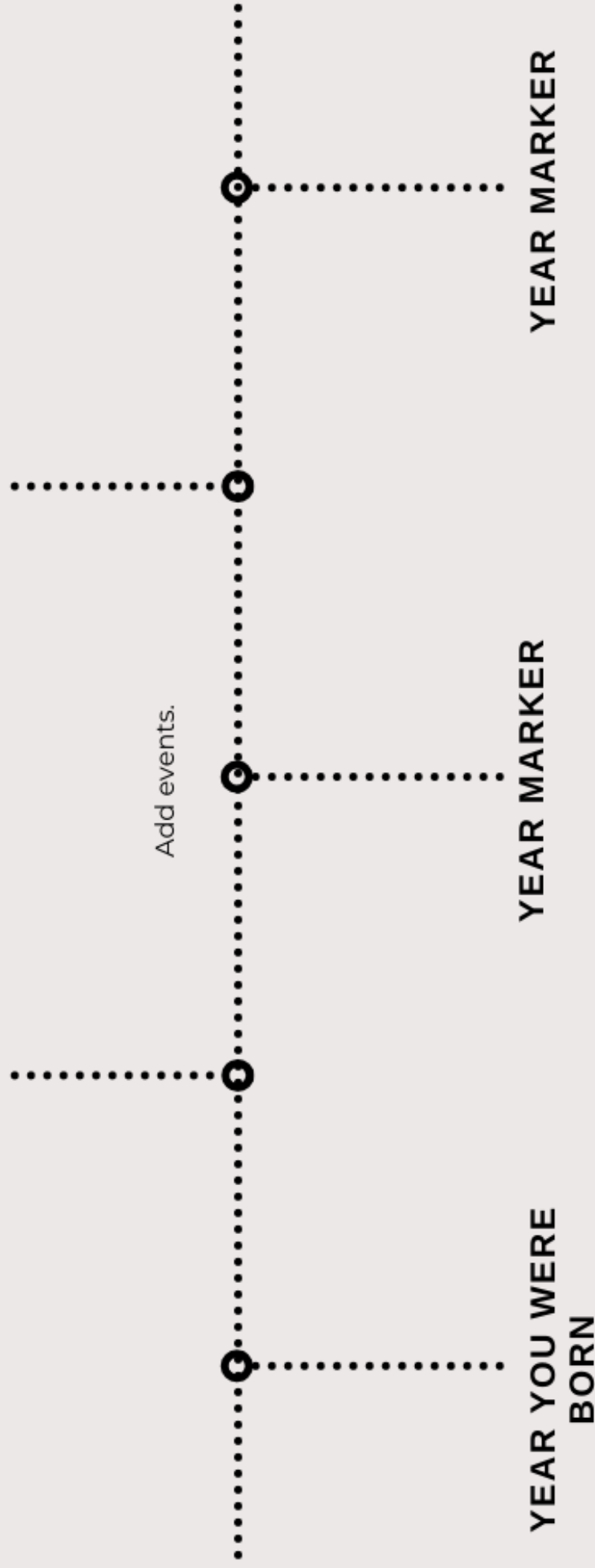
Favorite Music

Favorite Visual Art Pieces

Memory Timeline

YEAR MARKER

YEAR MARKER

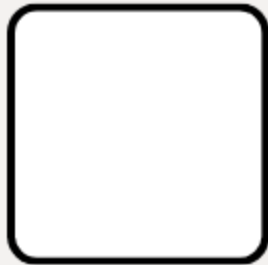




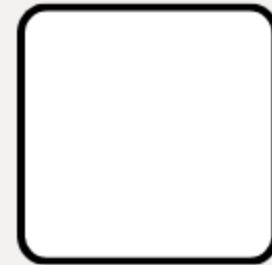
FAMILY GENOGRAM



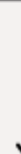
YOUR PARENTS AND THEIR NEW FAMILY



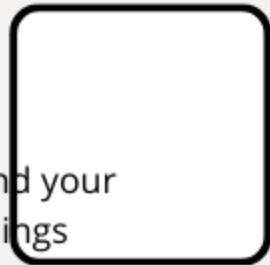
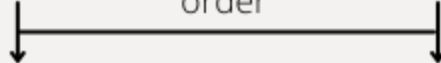
Your father



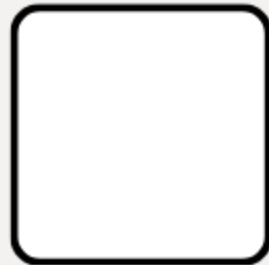
Your mother



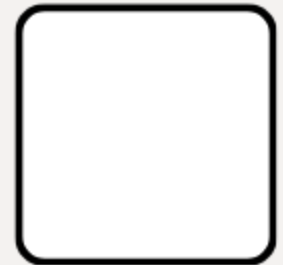
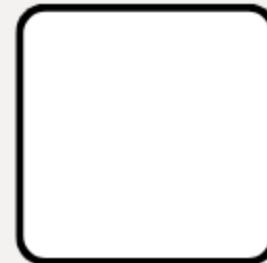
Arrange in birth order



You and your
siblings



Add extra
squares as
needed; draw
arrows to show
parent-child



Your children
and your
siblings' children

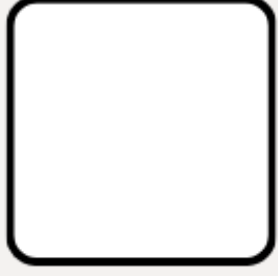
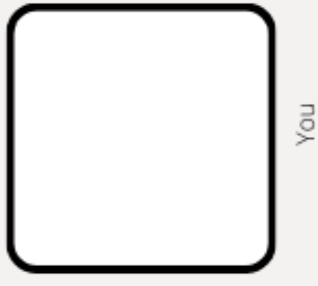


Use colors and
lines to show
sibling groups

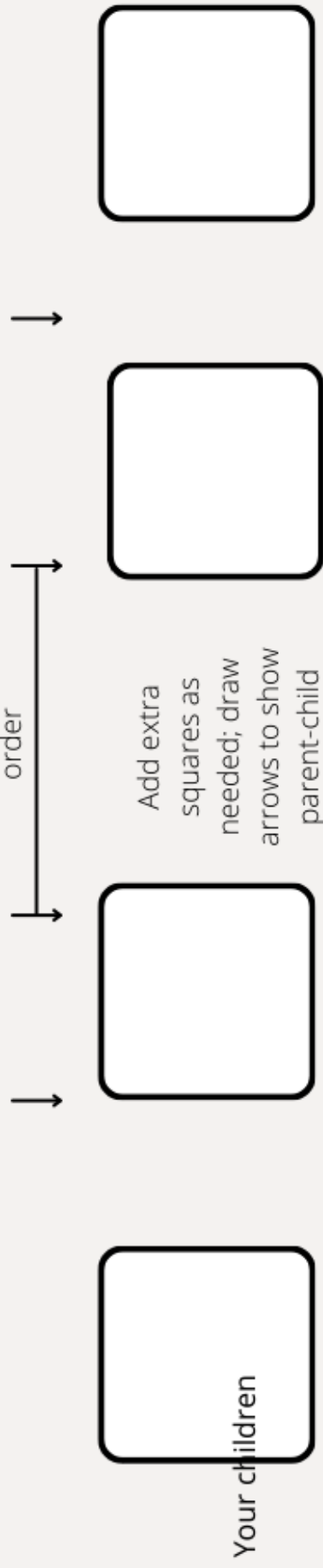


FAMILY GENOGRAM

YOU AND YOUR NEW FAMILY



Arrange in birth order



Add extra squares as needed; draw arrows to show parent-child

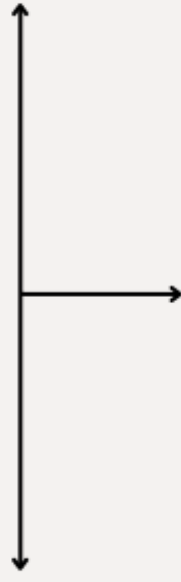
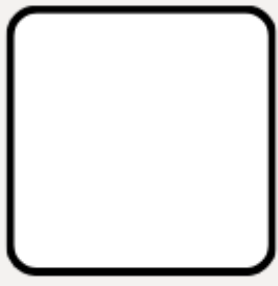
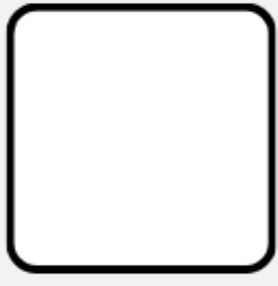


Use colors and lines to show sibling groups

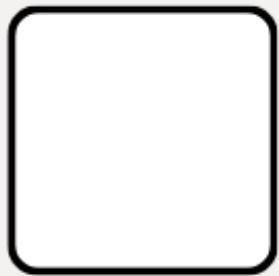
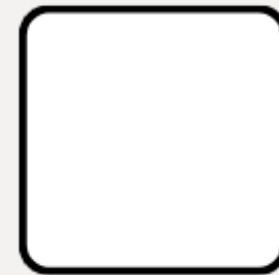
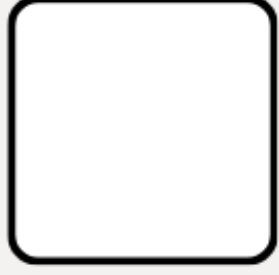
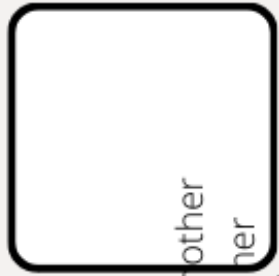
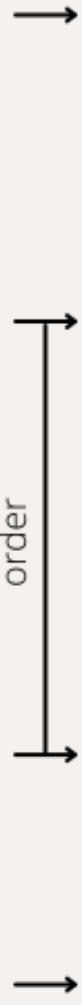


FAMILY GENOGRAM

MOTHER'S SIDE



Arrange in birth order

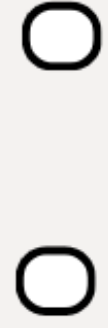


Add extra squares as needed; draw arrows to show parent-child



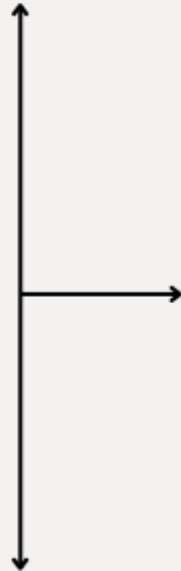
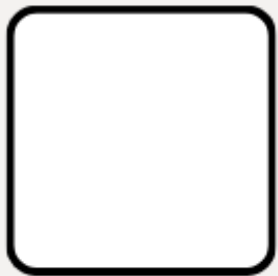
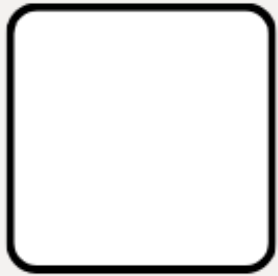
You and your siblings and cousins

Use colors and lines to show sibling groups

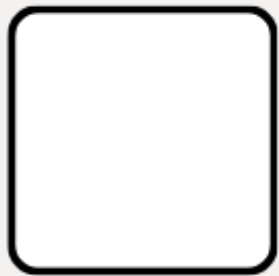
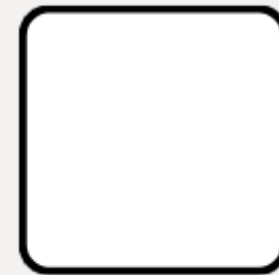
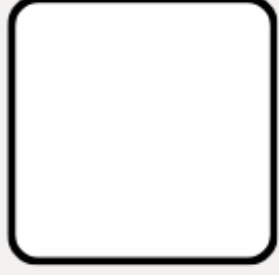
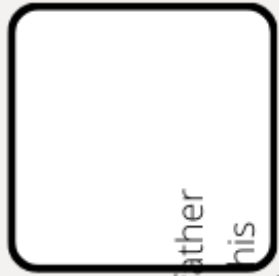
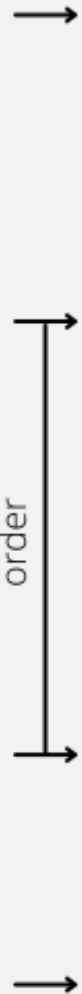


FAMILY GENOGRAM

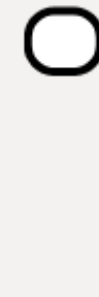
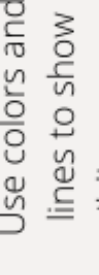
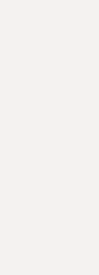
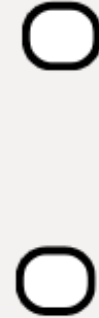
FATHER'S SIDE



Arrange in birth order



Add extra squares as needed; draw arrows to show parent-child



Use colors and lines to show sibling groups

Date: _____

PREPARATION

EXERCISE 6

Explore Big T and little t Trauma.

Big T Trauma: What happened?

Little t Trauma: What happened?



What are the effects in your life?

