Genogram Instructions
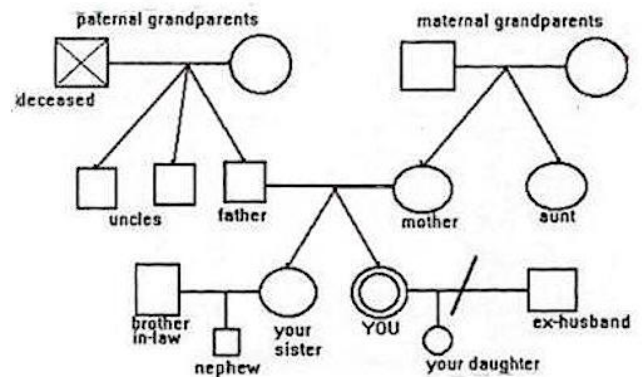
Draw your family relationships like this example diagram.

Use squares for males and circles for females. Label them with their name, age, and one word to describe them in your opinion. It is also helpful to write one word next to the relationship line that describes the relationship.
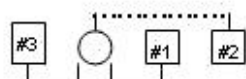
Use horizontal solid lines show legal marriages, and dashed lines show committed unmarried primary relationships and important friendships, dependencies.

Use vertical or slanted solid lines show genetic connections. Dashed slanted lines can show adoptions, foster parents, or other special adult-child relationships (mentors, sponsors, etc). Make an X through people who have died and write the year nearby.

Zigzag or wavy lines can symbolize strong emotional, legal, financial, or other kinds of current relationship connections, including lust, grief, anger, fear, and "hatred." If helpful, add symbols like "+" and "-" to show friendship, love, support, hostility, and/or fear.
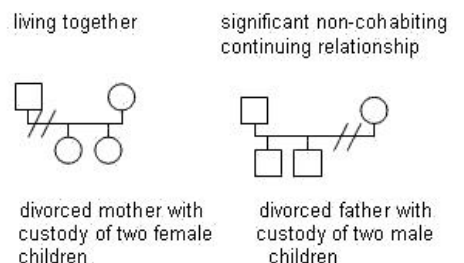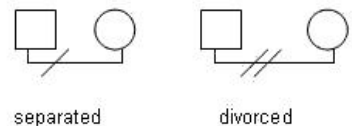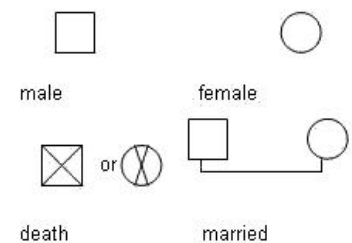
It is helpful to include major illnesses and disabilities, addictions, mental health issues, trauma, miscarriages, level of education, occupation, major events (losses, major moves, etc), accomplishments, religion, ethnicity, family traits, family roles (ie, scapegoat, favorite, etc) strong beliefs, and any other symbolic or text information that adds clarity and meaning to your map especially in context of the work we will do together.

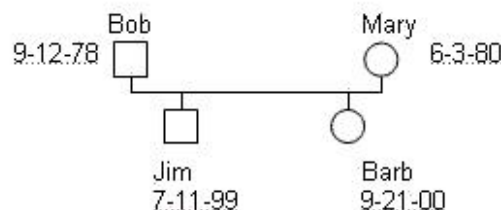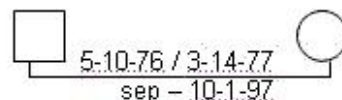### General Rules

- Put age inside and date of birth outside

- Put first name of each person

- Put exact dates of marriage, divorce and separation if different