

Family of Origin



"In every conceivable manner, the family is the link to our past, bridge to our future."

-ALEX HALEY

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible -- the kind of atmosphere that is found in a nurturing family."

-VIRGINIA SATIR

"Everything depends on upbringing."

- LEO TOLSTOY, WAR AND PEACE

Dreaming In Your Family of Origin

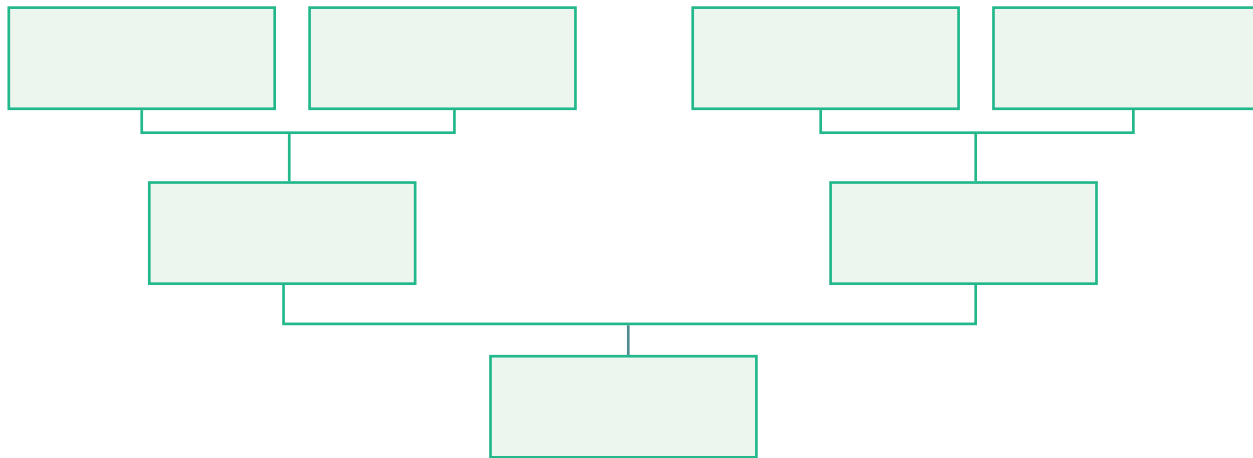
I grew up in a home you grow up where....

- Parents/caregivers had identified dreams that were achieved and encouraged me in identifying my own dreams.
- Parents/caregivers had identified dreams that were not achieved but they encouraged me in identifying my own dreams.
- Parents/caregivers did not have identified dreams but encouraged me in identifying my own dreams.
- Parents/caregivers did not have identified dreams, did not encourage me in identifying my own dreams, but were supportive of my dreams.
- Parents/caregivers did not have identified dreams, did not encourage me in identifying my own dreams, and were not supportive of me in my dreams.

**DESCRIBE THE
HOME ENVIRONMENT
YOU GREW UP IN.**

Genogram

The purpose of a genogram is to illustrate the multigenerational relationships that exist within an individual's family tree. Genograms will show the strengths and weaknesses that exist within intergenerational patterns of behavior, marriage choices, conflicts, coping mechanisms, and mental health challenges.



**WHAT ARE AREAS
OF STRENGTH AND
RESILIENCY THAT EXIST
WITHIN MY FAMILY OF
ORIGIN?**

**WHAT ARE AREAS
OF WEAKNESS
& VULNERABILITY
THAT EXIST
WITHIN MY FAMILY OF
ORIGIN?**

**HOW MIGHT
THESE THINGS IMPACT
MY ABILITY TO
ACHIEVE MY PERSONAL
GOALS AND DREAMS?**
