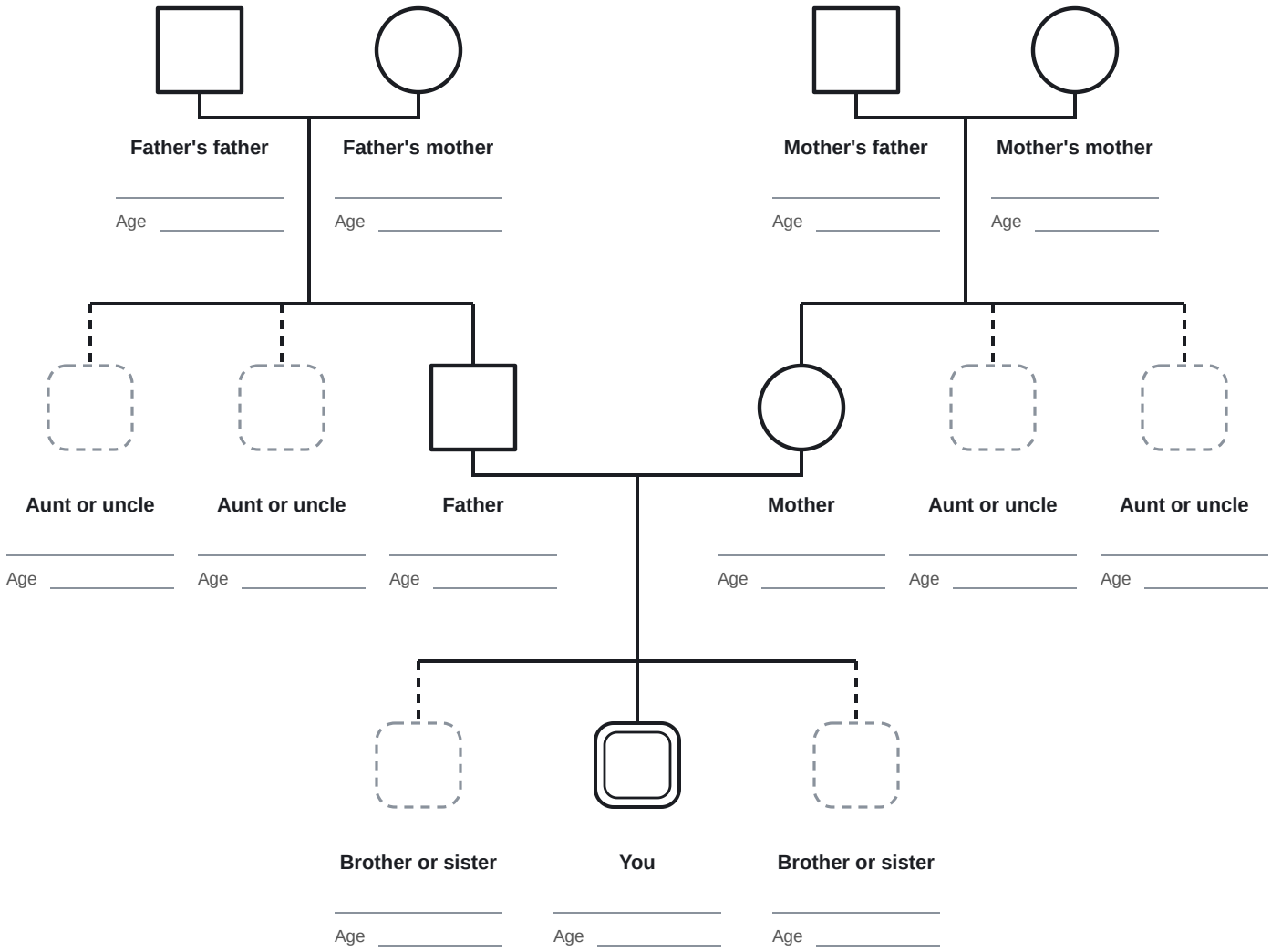
CROWN COUNSELING

# Genogram Template

Fill in names and ages. Draw an X through anyone who has died. Add lines for relationships using the key on the next page.

Name _____ Date _____




Dashed boxes are spaces for brothers, sisters, aunts and uncles: draw a square, circle or diamond over them, and add more as you need. Put brothers and sisters in birth order, oldest on the left.

## Notes: moves, losses, health and big events

Free to print and share. Interactive version: crowncounseling.com/therapy-games/genogram-maker

CROWN COUNSELING

# Genogram Symbol Key

The standard symbols, after Monica McGoldrick and Randy Gerson.

## People

**Man or boy**
A square.

**Woman or girl**
A circle.

**Nonbinary or another gender**
A diamond.

**Gender not known**
A diamond with a question mark.

**The person the genogram is about**
A double outline. Also called the index person.

**Has died**
An X through the symbol. Write the age at death inside.

**Alcohol or drug problem**
The lower half shaded.

**Physical or mental health condition**
The left half shaded.

## Partners

**Married**
A solid line, partners joined from below.

**Living together, not married**
A dashed line.

**Separated**
One slash across the line.

**Divorced**
Two slashes across the line.

## Children

**Child by birth**
A solid line from the partners above.

**Adopted child**
A dashed line from the partners above.

**Foster child**
A dotted line from the partners above.

## Emotional relationships

**Close**
Two parallel lines.

**Conflict**
A zigzag line.



**Distant**
A dotted line.

**Cut off**
A line broken in the middle, with a bar at each end.

## Good to know

- Write the age inside the symbol, the year born above it on the left, and the year died above it on the right.
- A partner line joins the two people from below. A man is usually drawn on the left and a woman on the right.
- Someone with more than one partner sits between them, with earlier partners on one side.
- Children hang from their parents' line in birth order, oldest on the left.

Free to print and share. Interactive version: crowncounseling.com/therapy-games/genogram-maker

CROWN COUNSELING

# Genogram Questions

Questions to ask while drawing a genogram together. Skip any that do not fit, and go at the client's pace.

## Who is in the family

- Who are your parents, brothers and sisters? Who is the oldest?
- Who raised you? Was anyone else like a parent to you?
- Who has died, and how old were they? How did the family cope?
- Was anyone adopted, fostered or raised by relatives?

## Relationships

- Who are you closest to? Who do you find hardest to be around?
- Who in the family does not speak to each other? Since when?
- Who do people go to when something goes wrong?
- Which couples are together, separated or divorced?

## Patterns across generations

- Do any health problems, worries or moods run in the family?
- Has drinking or drug use affected anyone?
- What did your family teach you about anger, money or asking for help?
- What strengths has the family passed down?

## Big events

- Did the family move, migrate or lose a home?
- Were there losses, illnesses or other hard times close together?
- What changed in the family around the time things got hard for you?

## What stands out to me

Free to print and share. Interactive version: crowncounseling.com/therapy-games/genogram-maker