Questions to discover who’s in your family tree

Family Constellation Work touches beneath the level of our conscious inner images or the stories we tell ourselves. As such, what happened in our families\* is more important than what we tell ourselves about it. The events and experiences themselves, rather than our images or interpretations, are the bedrock of this work.

**\*Family of Origin:** Include parents, siblings, uncles, aunts, grandparents and – in cases where they met a dramatic fate – great-grandparents. Also include premarital partners of your parents and grandparents.

**\*Present Family:** Include partners and children from former relationships.

**What happened in your family that was tragic, traumatic or unusual? Please underline and explain in as much detail as you know.**

**Did anyone:**

❒Die (mother or child) during childbirth?

❒ Find her life at risk during childbirth?

❒ Suffer illness or disability resulting from having given birth to a child? (This includes your mother, grandmother, great-grandmother, and former partners of your father and grandfather).

❒ Die at a young age, including a child?

❒ Did your partner or child die?

❒ Did your father, mother, or sibling die when you were young?

❒ Did a parent or sibling of either of your parents die when your parents were still young?

❒ Did anyone have a former spouse, fiancé, partner or lover?

❒ Did anyone have an abortion or a miscarriage?

❒ A still born child?

❒ An illegitimate child?

❒ A child who was abandoned or given up for adoption or fostering?

**Did a former spouse, fiancé, partner or lover have:**

❒ An abortion or miscarriage of your child?

❒ A stillborn child by you?

❒ An illegitimate child by you?

❒ A child by you who was abandoned or given up for adoption?

**Did anyone:**

* Attempt or commit suicide?
* Have a serious or long-lasting illness?
* Have a physical or mental disability?
* Commit a murder, other serious crime or a war crime?
* Survive or die in the Holocaust or another cultural trauma?
* Die in action during military service?
* Become a missing person or disappeared?
* Join the clergy or enter a monastery or convent?
* Find themselves excluded, ignored, disowned, not respected, or otherwise not honored due to physical or mental handicap, marriage choice, giving birth out of wedlock, disgrace, incarceration, institutionalization, sexual or religious preference, ethnicity?
* Was anyone treated with contempt, cast out, shunned or slandered?
* Not married, or so belittled or thought less of?
* Experience being taken advantage of?
* Emigrate to another country?
* Lose a fortune?
* Live an unusual life?
* Experience a difficult birth (such as caesarean)
* Suffer traumatic or life-threatening events
* Experienced separation from mother at early age (complications or trauma at birth, staying in hospital, foster care, refugee, kidnapping, abandonment, etc.)

Other

* Separation from country of origin, land or tribe through immigration, capture or refugee status.
* Involvement in war, injustice, genocide, ethnic cleansing, crime, murder or natural catastrophe.
* Loss of a parent through surrogating, egg or sperm donation.