Where It Began

Name: ____________________

Grandfather  Grandmother

Grandfather  Grandmother

Father  Mother

Me

Legend
- Male
- Female
- Addiction
- Abuse
- Deceased
- Divorced

Traumas
- Physical, emotional, and sexual abuse
- Neglect
- Depression / Anxiety
- Mental illness
- Addiction
  - drugs, alcohol, food, raging
- Process addictions
  - gambling, sex, and relationships, hoarding
- OCD, stealing, lying
- Poverty
- Death of a parent/sibling
- Accident
- Environmental disaster
- Jail
- Divorce
- Moving alot
- Bullying
- Violence
- Racism, Sexism, Homophobia
- Un-attunement
  - parents just don't get you
- Constant Upheaval
- Constant “unasked for” advice/criticism
- Narcissistic / Expectations
- Unseen and Unheard
- Given too much praise
- Parents concerned more about how they look and feel
- Parents using child as a reflection of their success
- Too high expectations
- Too low expectations

Gifts
- Love of Music
- Humor
- Hard Work/Entrepreneurial
- Dance
- Athletics
- Flexibility
- Spirituality
- Compassion
- Work Ethic
- Service
- Social Justice
- Fighter
- Perspective
- Protector
- Responsible
- Brave
- Boundaries
Where It Began

Name: ________________

**Legend**
- **Female**
- **Male**
- **Addiction**
- **Abuse**
- **Deceased**
- **Divorced**

### Traumas (Red)
- Physical, emotional, and sexual abuse
- Neglect
- Depression / Anxiety
- Mental illness
- Addiction
  - drugs, alcohol, food, raging
- Process addictions
  - gambling, sex, and relationships, hoarding
- OCD, stealing, lying
- Poverty
- Death of a parent/sibling
- Accident
- Environmental disaster
- Jail
- Divorce
- Moving alot
- Bullying
- Violence
- Racism, Sexism, Homophobia
- Un-attunement
  - parents just don’t get you
- Constant Upheaval
- Constant “unasked for” advice/criticism
- Narcissistic / Expectations
- Unseen and Unheard
- Given too much praise
- Parents concerned more about how they look and feel
- Parents using child as a reflection of their success
- Too high expectations
- Too low expectations

### Gifts (Blue)
- Love of Music
- Humor
- Hard Work/Entrepreneurial
- Dance
- Athletics
- Flexibility
- Spirituality
- Compassion
- Work Ethic
- Service
- Social Justice
- Fighter
- Perspective
- Protector
- Responsible
- Brave
- Boundaries

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**Where It Began**

Grandfather — Grandmother

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<th>Male</th>
<th>Female</th>
<th>Addiction</th>
<th>Abuse</th>
<th>Deceased</th>
<th>Divorced</th>
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</thead>
</table>

Father

Mother

Me

Grandfather — Grandmother

Legend

- **Male**
- **Female**
- **Addiction**
- **Abuse**
- **Deceased**
- **Divorced**