



Draw a similar diagram for your family or list family members and:

- Describe each family member with two or three adjectives
- Describe the marriage of parents and grandparents
- How was conflict handled? Anger? Gender Roles?
- What are some generational themes?
- How well did your family do in talking about feelings?
- How was sexuality talked or not talked about? Implied messages?
- Family secrets?
- What was considered success?
- How was money handled? Spirituality? Holidays? Relationships with extended family?
- How did your family's ethnicity shape you?
- Where were there any heroes or heroines in the family? Scapegoats? Losers? Why?
- What kinds of addictions, if any, existed in the family?
- Were there traumatic losses in the past or present, such as sudden death, prolonged illness, stillbirths/miscarriages, bankruptcy, or divorce?

To Think About:

- What one or two patterns emerge – how has your family impacted who you are today?
- In what area(s) might you be living and leading according to the past rather than gospel?
- What "hard work of discipleship" might you have before you?