

Roots to Branches

Generational Brokenness

1. MONEY

- Money is the best source of security.
- The more money you have, the more important you are.
- Make lots of money to prove you "made" it.

2. CONFLICT

- Avoid conflict at all costs.
- Don't get people mad you.
- Loud, angry, constant fighting is normal.

3. SEX

- Sex is not to be spoken about openly.
- Men can be promiscuous; women must be chaste.
- Sexuality in marriage will come easily.

4. GRIEF AND LOSS

- Sadness is a sign of weakness.
- You are not allowed to be depressed.
- Get over losses quickly and move on.

5. EXPRESSING ANGER

- Anger is dangerous and bad.
- Explode in anger to make a point.
- Sarcasm is an acceptable way to release anger.

6. FAMILY

- You owe your parents for all they've done for you.
- Don't speak of your family's "dirty laundry" in public.
- Duty to family and culture comes before everything.

7. RELATIONSHIPS

- Don't trust people. They will let you down.
- Nobody will ever hurt me again.
- Don't show vulnerability.

8. ATTITUDES TOWARD DIFFERENT CULTURES

- Only be close friends with people who are like you.
- Do not marry a person of another race or culture.
- Certain cultures/races are not as good as mine.

9. SUCCESS

- Is getting into the "best schools."
- Is making lots of money.
- Is getting married and having children.

10. FEELINGS AND EMOTIONS

- You are not allowed to have certain feelings.
- Your feelings are not important.
- Reacting with your feelings without thinking is okay.

Cumulative Messages Chart

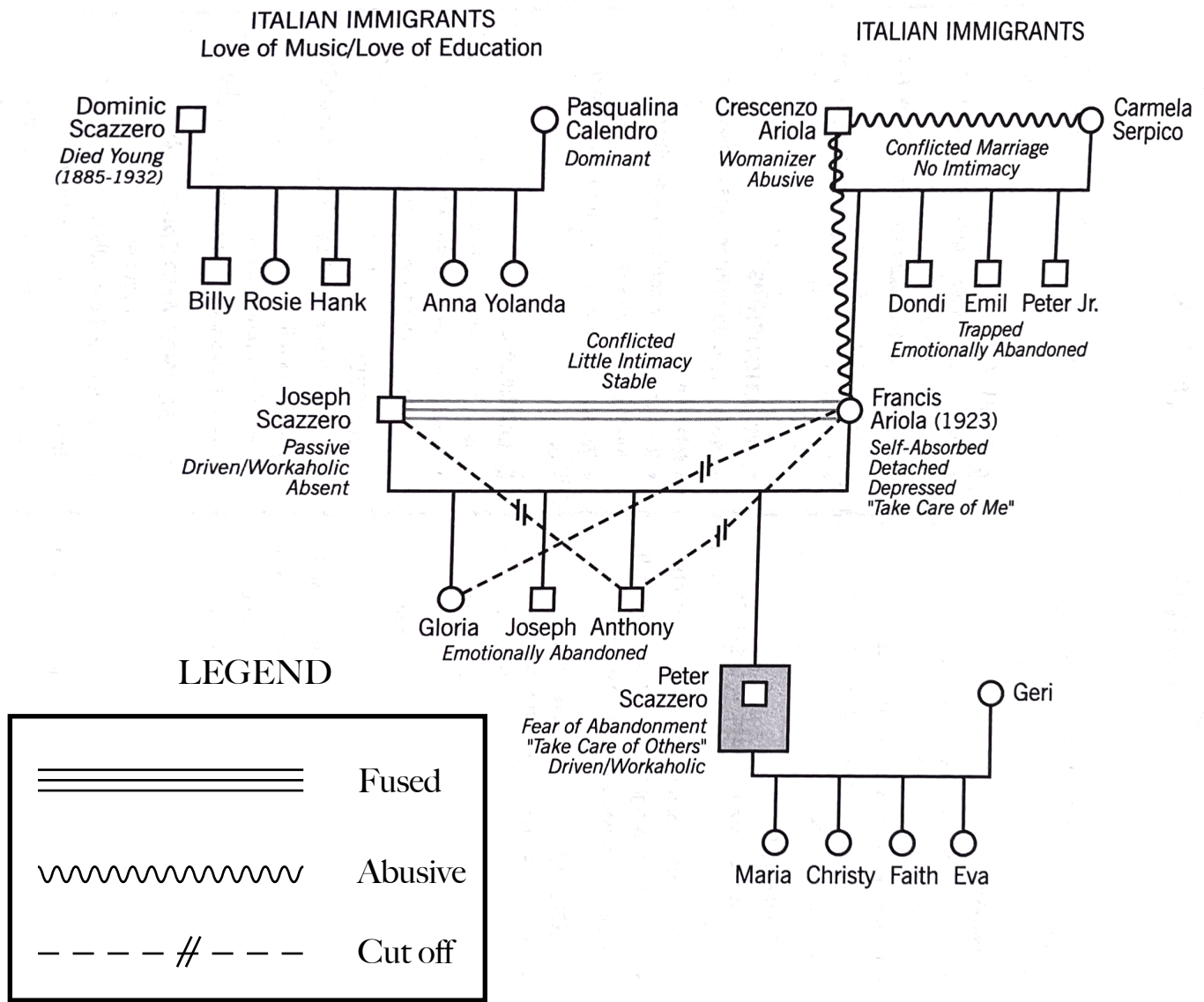
Father:

Mother:

Earthquake Events:

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Cumulative Messages I received:

Sample Family Genogram



SAMPLE QUESTIONS TO ASK IN CONSTRUCTING GENOGRAM

1. Describe each family member in your household with three adjectives and identify their relationship to you (parent, caregiver, grandparent, sibling, etc.)
2. Describe your parents' (or caretakers') marriage(s) as well as your grandparents' marriage(s).
3. How were conflict, anger, and tensions handled in your extended family over two or three generations?
4. Were there any family "secrets" (such as unwed pregnancy, mental illness, financial scandal, etc.)?
5. What was considered "success" in your family?
6. How did ethnicity or race shape you and your family?
7. How would you describe the relationships between family members (conflicted, detached, enmeshed, abusive)?
8. Were there any heroes/heroines in the family? Any villains? Any favorites? Why were these individuals singled out in this way?
9. What generational patterns or themes do you recognize (addictions, affairs, abuse, divorce, mental illness, abortions, children born out of wedlock, etc.)?
10. What traumatic losses has your family experienced? (For example, sudden death, prolonged illness, stillbirth/miscarriage, bankruptcy, divorce?)
11. What insights (one or two) are you becoming aware of that help you to make sense of how your family of origin, or others, impacted who you are today?
12. What are one of two specific ways this may be impacting your leadership?