

NAME:

What are some main things that you would be interested in healing through family constellations?

YOUR FAMILY HISTORY

How would you describe your relationship with your **MOTHER** or maternal guardian? Check all that apply for how you felt your mother figure was for you *

- | | | |
|------------------|-------------------------|---------------------------|
| Supportive | Weak | Try to be a Friend Parent |
| Loving | Addiction Issues | Broken Promises/Let You |
| Over Controlling | Dismissive/Avoidant | Down Parent |
| Abusive | Anxious/Nervous | Insecure or Cowardly |
| Distant | Ambivalent/Indecisive | Parent |
| Angry | Disorganized | Obedience and Perfection |
| Depressed | Scattered/Self-Involved | Parent |

How would you describe your relationship with your **FATHER** or paternal guardian? *
Check all that apply for how you felt your father figure was for you. *

- | | | |
|------------------|-------------------------|---------------------------|
| Supportive | Weak | Try to be a Friend Parent |
| Loving | Addiction Issues | Broken Promises/Let You |
| Over Controlling | Dismissive/Avoidant | Down Parent |
| Abusive | Anxious/Nervous | Insecure or Cowardly |
| Distant | Ambivalent/Indecisive | Parent |
| Angry | Disorganized | Obedience and Perfection |
| Depressed | Scattered/Self-Involved | Parent |

Are You Adopted? * Yes No It's complicated

Number of Sisters *

Number of Brothers *

What position in the sibling line up are you? Such as middle, oldest, youngest etc. *

Were there any miscarriages, stillbirths, abortions or child deaths in the family? If so please explain. *

Please list all your siblings, including yourself, and parents in your order of birth. Please use names and title, (example, Mom - Jane, Dad - Jim, 1st born, sister, Emily, 2nd born, ME, etc)

Please list them in a list format for easy reading. (this is a start for doing a genogram)

Are there any other things coming up for you that you would like to note like core beliefs, fears or blocks that you are holding you back in life? If so please explain. *