



## Session 1

Read: Genesis 3

- What does verse 7 say and what does it mean?

Read: Ephesians 1

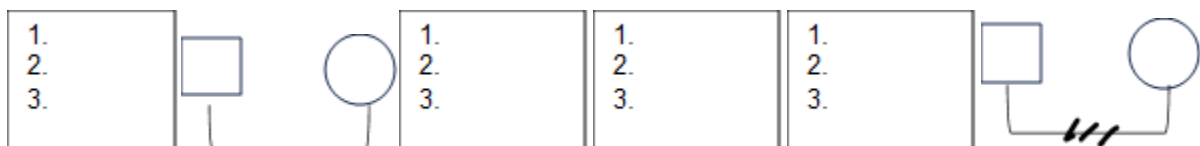
- What does verse 18 say and what does it mean?

Discuss: what does this mean when it comes to our lives being impacted by our parents/grandparents personalities and experiences?

Discuss: How do we balance the reality of our parents/grandparents personalities and experiences with personal choice and accountability?

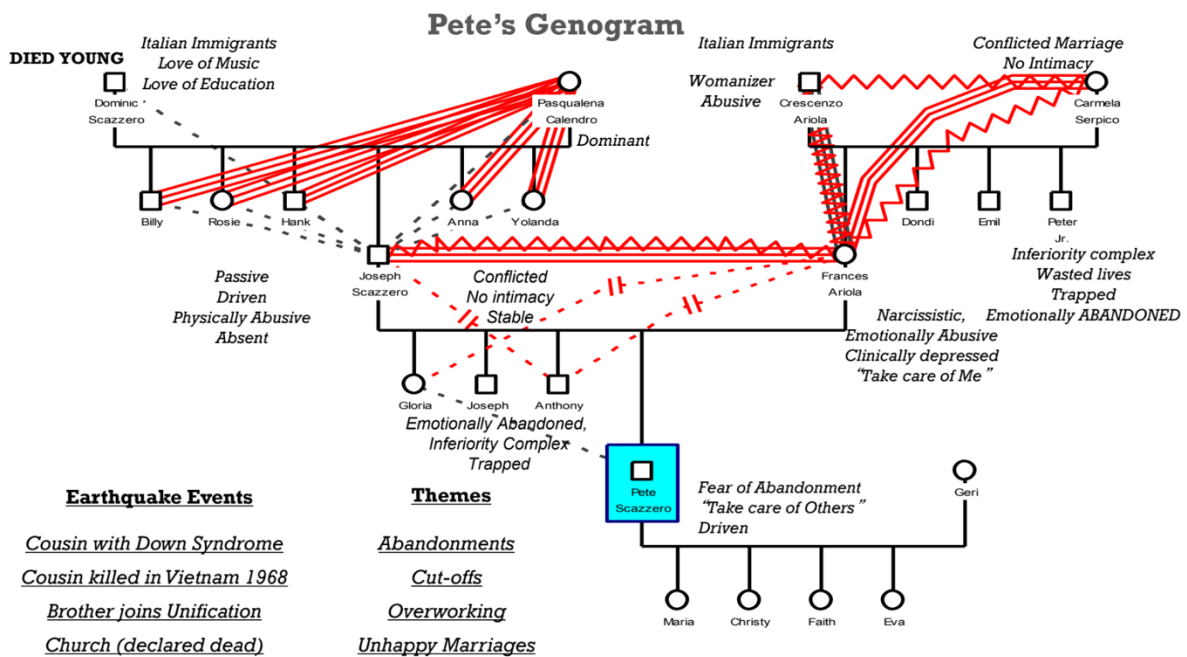
In this session you are going to do a “Genogram” – simply put this is a family tree of personalities and experiences. The big idea is to discover how your family (like Adam’s family) has impacted your following of Jesus and his future for you.

1. There is space at the back of your journal to do this or you may wish to use a piece of paper
2. Start by drawing in your grandparents, box for grandfather, circle for grandmother.



- Use the diagram to show how healthy their relationships were/are, then list three adjectives describing each grandparent. You can see on the genogram below that one set of grandparents were divorced
- Once you'd done this, add your parents and their siblings, the relationships to each siblings and adjectives to describe each one.
- Once you'd done this, add yourself and your siblings, the relationships to each siblings and adjectives to describe each one.
- Next add up to six "earthquake events" – these are things that would have rocked your family. They could be Adverse Childhood experiences (like divorce) or being made redundant from work etc
- Next identify up to 4 themes that occur most often in your family. Think about how these themes may have affected / are affecting you

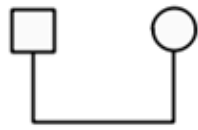
Your genogram should end up looking something like Pete's:



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You can use these diagrams to help with family relationships:

## Family Relationship Symbols



Marriage



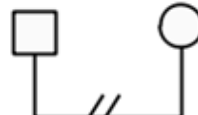
Engagement



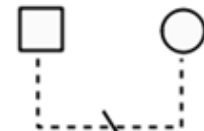
Separation in Fact



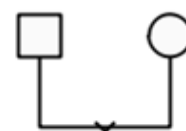
Legal Separation



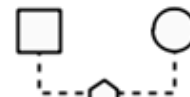
Divorce



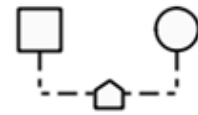
Engagement and Separation



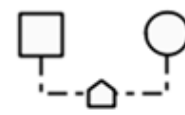
Widowed



Engagement and Cohabitation



Cohabitation



Legal Cohabitation



Love Affair

## Emotional Genogram Symbols



Harmony



Indifferent/Apathetic



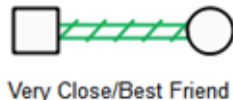
Love



In Love



Close/Friendship



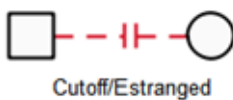
Very Close/Best Friend



Discord/Conflict



Hate



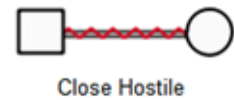
Cutoff/Estranged



Hostile



Distant Hostile



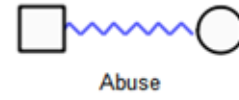
Close Hostile



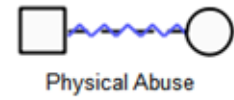
Fused Hostile



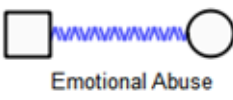
Violence



Abuse



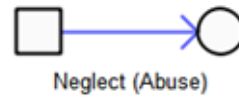
Physical Abuse



Emotional Abuse



Sexual Abuse



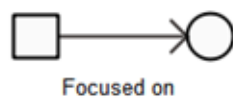
Neglect (Abuse)



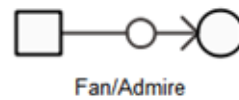
Manipulative



Controlling



Focused on



Fan/Admire