

Build your own genogram

Putting the pieces together

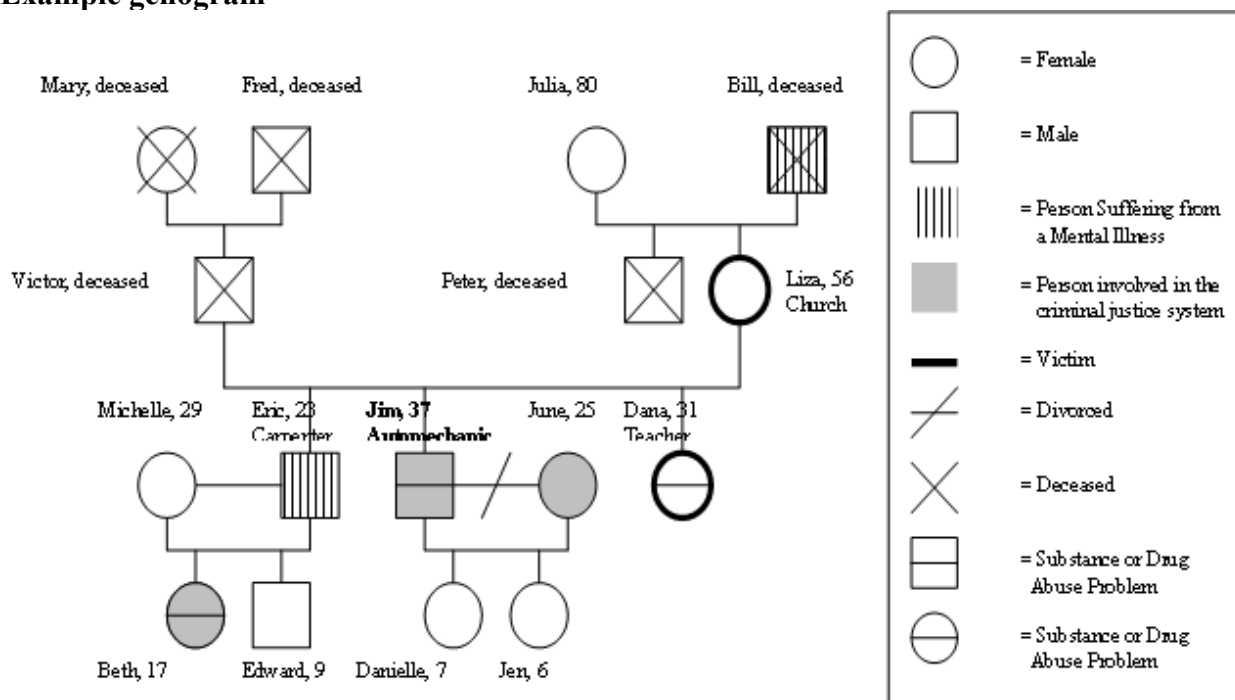
What is a genogram?

A genogram is a family tree brought to life! Families can be complicated. We are full of unique individuals who interact with each other in unique ways. Genograms offer a way to visualize quickly and concisely our family histories, including relationships and health histories. In so doing, many people discover patterns within their families, as well as disorders and behaviors that may have passed down through generations.

Building a genogram

Genograms rely on a set of lines and symbols to sketch our family trees more concisely. Below is a legend of symbols you can use in a genogram and an example to get you started. However, this is *your* genogram so you can be creative with your own symbols!

Example genogram



Notice how the genogram reveals patterns in family histories and makes the family easier to visualize. Now, go create your own genogram!

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