

# FAMILY TREE

Directions: Write out any physical, spiritual or emotional issues that are present in your family.

Great Grandfather

Great Grandmother

Great Grandfather

Great Grandmother

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**SAMPLE FORM**

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Great Grandfather

Great Grandmother

Great Grandfather

Great Grandmother

Freemason,  
Depression  
Strong giver,

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Grandfather

Grandmother

Grandfather

Grandmother

Alcoholic  
Heart attack at 58  
Dominant, angry  
Bitterness,  
deceptive, Arthritis

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Sexual abuser  
Cancer, divorced  
Controlled the  
house, womanizer

Timid, bipolar  
Depression,

Father

Mother

Alcoholic, Dominant,  
Accident causing paralysis  
Liver disease, Perfectionist,  
Critical

Rage, timid, abused as a child,  
difficulty with female relationships  
Breast cancer, bulimic

Yourself

Over weight, insecure, verbally abused,  
Depression, PTSD, Fibromyalgia,,  
relationship issues, emotional  
breakdowns,  
Doesn't feel like people like her or accept  
her, suicidal thoughts