

Genosociogram

Representation of family stories



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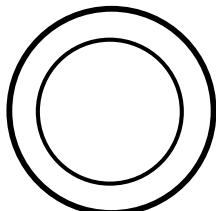
What is a genosociogram?

A genosociogram is a visual tool used in psychology, psychotherapy, and sociology to represent the structure, relationships, and emotional dynamics of a multi-generational family.

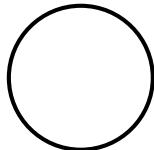
It is essentially a combination of family tree and relationship map, which not only notes who is part of the family, but how these people connect and interact.

The genosociogram helps you explore the structure and dynamics of your family. Write down important relationships, events, and emotional patterns that repeat between generations. You are not pursuing perfection, but clarity: each symbol can reveal a new story, meaning, or connection. Complete at your own pace and see what is emerging.

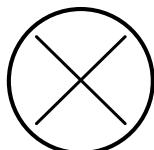
General symbols



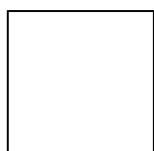
"Me"



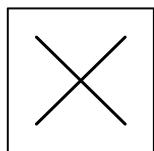
Woman



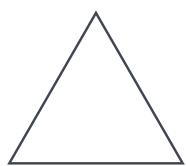
Deceased woman



Man



Man deceased



When the person's gender is not known



Deceased person (when the person's sex is not known)



Children



Married



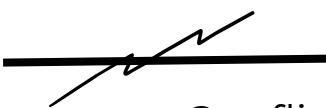
Partnership (without marriage)



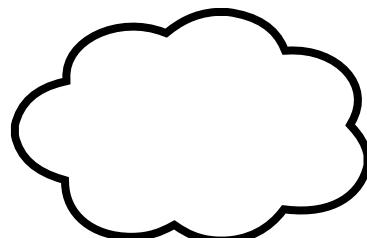
Separated (without divorce)



Divorce



Conflict relationship



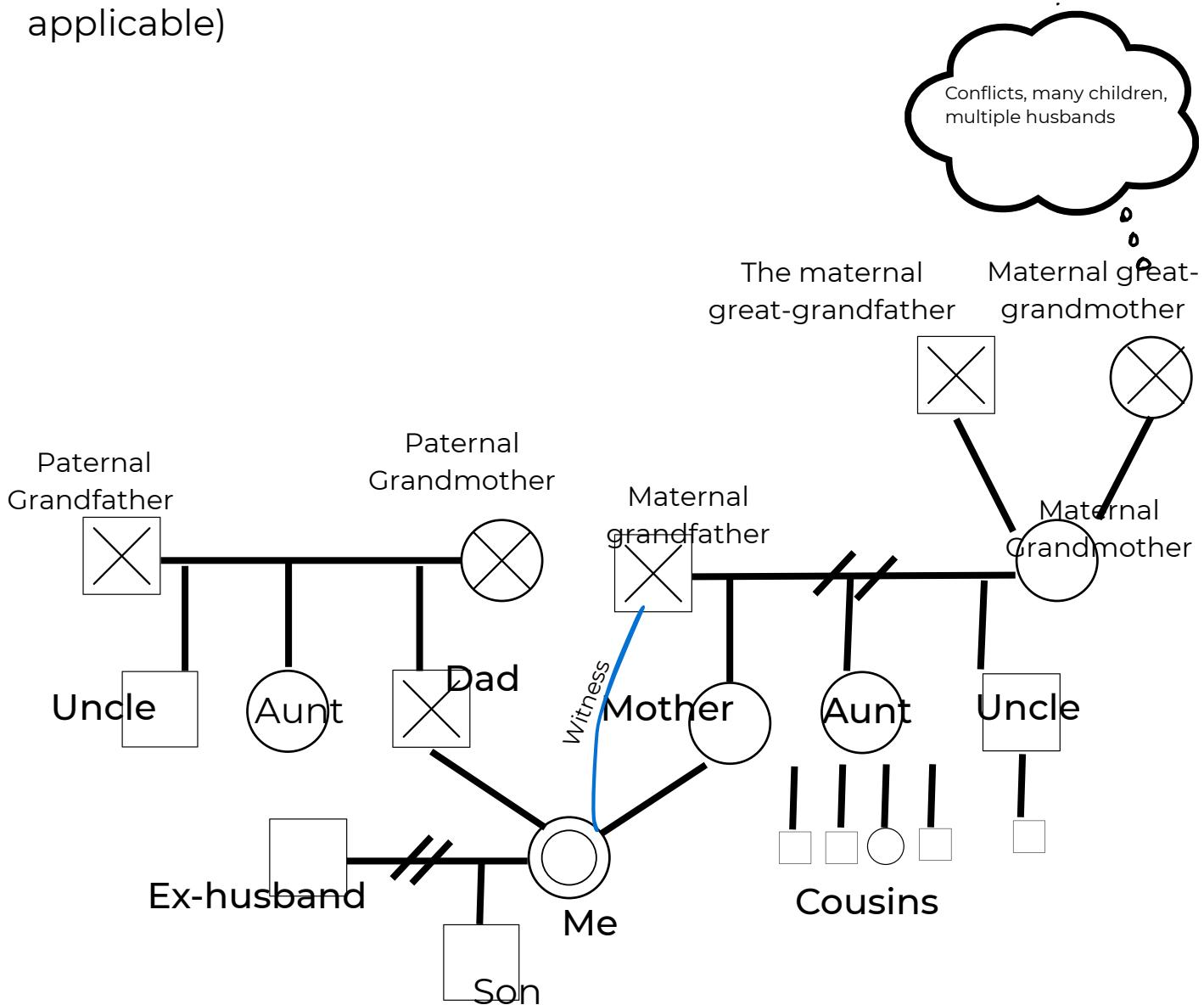
The story of the person

Model and clarification

On the next page you can create your own genosociogram. Use the example below as a model and then let your imagination flow.

You can print the next page on an A2 sheet (or larger) or use multiple pages for details.

The example below does not include the names exemplified, but the recommendation is to complete with names (if known) and years of birth and death (when applicable)



My Genosociogram

Name:

Date of creation:

My Genosociogram